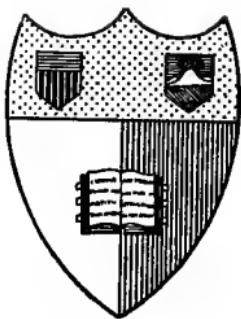


INSTITUTION RECIPES

**BY
EMMA SMEDLEY**



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INSTITUTION RECIPES

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FOR USE IN

SCHOOLS, COLLEGES, HOSPITALS
AND
OTHER INSTITUTIONS

BY

EMMA SMEDLEY

Director of Public School Luncheons, Philadelphia, Pa.; Formerly Instructor in Domestic Science, Drexel Institute, Philadelphia, Pa.; Instructor in Dietetics, The Johns Hopkins Hospital Training School for Nurses, Baltimore, Md.

THIRD EDITION
REVISED 1919

EMMA SMEDLEY
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EMMA SMEDLEY

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PREFACE TO THIRD EDITION

In the preparation of this edition it has been possible to test and revise many of the recipes. All have been made in quantity to serve either fifty or one hundred and fifty portions and many new recipes have been added.

The most important feature of the book is the addition of the caloric value of each recipe and of a single serving of the recipe. The figures taken are usually for the raw foods, which in many cases are much higher than those of the cooked foods. It is obvious that many factors combine to make the calculations of the nutritive value of cooked foods exceedingly difficult and in many instances the results given must be considered as only approximate. This information should be a great help to the busy dietitian who has little time for computing food values and yet wishes to serve a balanced menu and to know that the family is being sufficiently nourished. After planning a menu the adequacy of the combination may be determined by adding the protein calories and the total calories in the different dishes selected and comparing the result with the standard requirements for the special group of persons who are to be served. The fuel value of the

protein in the diet, as represented by the protein calories, should be from ten to fifteen per cent of the total fuel value.

The chapters on the "Organization of the School Luncheon" and "Equipment" have been omitted from this edition and are revised and incorporated in another book entitled "The School Lunch." The problems of organization, equipment and management of the school lunch may be considered in greater detail in a book apart from the recipes.

The paragraph on "Flour Substitutes" was furnished by Miss Alice Wright Penrose, of the Ballard School, Central Branch Y. W. C. A., New York City.

The author wishes to express her appreciation of the valuable work of several of the dietitians in the Philadelphia School Luncheon System in the calculation of the caloric values of the recipes and in the general revision of the book.

EMMA SMEDLEY.

Media, Pa.
1919.

PREFACE TO SECOND EDITION

The increasing demand for Institution Recipes has necessitated the preparation of a new and enlarged edition.

To meet this need the work has been thoroughly revised and many new recipes have been added. Every recipe indicates the number of portions it will serve; some are intended for fifty portions, others for one hundred, and many are in quantities to serve one hundred and fifty portions. By simply multiplying or dividing, a cook may in a few moments adapt any recipe to suit the size of her family, whether it is fifty, seventy-five or one or two hundred. It is not advisable to adapt these recipes to the needs of the small family; it is much safer to use a cook book intended for family use; "The Boston Cooking School Cook Book," by Miss F. M. Farmer; "The Fireless Cook Book," by Miss M. J. Mitchell, or some similar work.

An important addition is the introduction of chapters on the administration, equipment and menus of the high school luncheon system as carried on in Philadelphia. Also suggestions concerning the institution kitchen equipment.

It is the earnest wish of the author that this book may be found helpful in answering some of

the questions which are puzzling many persons who are called upon to solve problems similar to those which she has had to meet.

The valuable assistance rendered by Miss L. M. Armstrong in the preparation of this edition is hereby gratefully acknowledged.

Thanks are extended to Miss M. J. Osborn, whose co-operation has made possible the success of our school luncheon system.

EMMA SMEDLEY.

Media, Pa.

1912

PREFACE TO THE FIRST EDITION

In preparing this book the aim has been to supply the growing need for a collection of recipes for use in schools, hospitals, and other institutions.

The recipes here offered are the result of personal laboratory experiments and practical application in the preparation of food, by groups of students in some departments of the Johns Hopkins Hospital Training School, Baltimore, and the lunch room for students of the Drexel Institute, Philadelphia.

This collection is in no sense a complete cook book, but is simply the well tried recipes in actual daily use. With a few exceptions, these quantities will serve one hundred and fifty persons. It is my earnest wish that this book may be helpful as a guide in preparing a variety of palatable and wholesome dishes in institutions.

I desire here to thank Miss M. A. Nutting, Superintendent of the Nurses' Training School, Johns Hopkins Hospital; Miss H. M. Spring, Director of Domestic Science, Drexel Institute, and those of my co-workers to whom I am indebted for advice and assistance in the preparation of this little book.

EMMA SMEDLEY.

Media, Pa.
1904

FOREWORD TO FIRST EDITION

The writer of this manual has asked me to state that it is the outcome of work done in the Preparatory Department of the Johns Hopkins Hospital Training School. The daily work of the Nurses' Home is here utilized for purposes of instruction in the main principles of household economics, especial attention being given to foods and their preparation. This work is done by the students, under the direct supervision of trained and expert instructors, and the result has been from every point of view satisfactory. The students have received an excellent training in departments of work hitherto unknown; the preparation and serving of food has shown a marked improvement upon previous methods; the cost per capita has been distinctly lessened, and the health of the students generally is much better. It is clear that expert supervision is as necessary for good results in the domestic department as in any other part of an institution.

M. A. NUTTING,

Supt. of Nurses, Johns Hopkins Hospital.

Baltimore, Md.

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INSTITUTION RECIPES

INSTITUTION RECIPES

I

MEASURES AND WEIGHTS

In the preparation of food definite measurements are absolutely necessary, in order to insure uniform results. Accurate scales, which indicate the weight down to the fraction of an ounce, are therefore a necessity in every kitchen. The dial scale, having capacity of five pounds, is a convenient style. In addition to this small scale there should be provided a counter platform scale having 250 lb. capacity, to be used when receiving meats and other provisions.

Measurements by weight are the most accurate, but for convenience, a measuring cup holding one-half pint, and teaspoons and tablespoons of regulation size are frequently used.

To measure a cupful, fill the cup lightly, round slightly, and level with a case-knife. To measure teaspoonfuls and tablespoonfuls, dip the spoon in the ingredient, fill, and with a case-knife scrape off level with the edge of the spoon. Divide lengthwise of the spoon with a knife for a half-spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths. Flour, powdered sugar,

INSTITUTION RECIPES

baking powder, spices and other dry materials should be sifted or stirred lightly with a spoon before measuring.

To measure liquids, a cupful is all the cup will hold.

To measure solids, as butter, pack solidly into cup or spoon and level with a knife.

In measuring acids, do not allow them to remain long in the tin cup; use a silver spoon when measuring a small quantity.

II

TABLE OF MEASURES AND WEIGHTS

4 teaspoons (silver)	1 tablespoon (silver)
3 teaspoons (tsp) (kitchen)	1 tablespoon (tbsp) (kitchen)
16 tablespoons	1 cup (c.)
2 cups	1 pint (pt.)
2 pints	1 quart (qt.)
4 quarts	1 gallon (gal.)
8 quarts	1 peck (pk.)
2½ pecks	1 basket
4 pecks	1 bushel (bu.)
16 ounces (oz.)	1 pound (lb.)
3½ cups almonds, blanched and chopped	1 pound
2½ cups apricots, dried.....	1 pound
3½ tablespoons baking powder...	1 ounce
1 cup baking powder	5½ ounces
2 cups beans, pea, dried.....	1 pound
1 bushel beans, pea, dried.....	60 pounds
2 cups butter	1 pound
2 tablespoons butter	1 ounce
2¼ tablespoons cinnamon, ground.	1 ounce
2 cups cocoa	½ pound
2⅔ cups cornmeal	1 pound
3 cups cornstarch	1 pound
1 quart crumbs, bread, green.....	7 ounces
1 quart crumbs, bread, dried.....	14 ounces
3 cups currants	1 pound
8 eggs, medium-sized, in shell....	1 pound
10 eggs, medium-sized, broken....	1 pound

INSTITUTION RECIPES

30 dozen eggs	1 crate
8 egg whites	1 cup
16 egg yolks	1 cup
4 tablespoons flour	1 ounce
4 cups flour	1 pound
196 pounds flour	1 barrel
2½ tablespoons ginger, ground...	1 ounce
24 lemons, juice	1 quart
14 oranges, juice	1 quart
2 cups lard	1 pound
3 cups macaroni	1 pound
4 cups meat, finely chopped	1 pound
4 cups oatmeal	1 pound
2½ cups peaches, dried	1 pound
3 cups peanuts, chopped	1 pound
2 cups peas, split	1 pound
1 bushel peas, split	60 pounds
4 tablespoons pepper	1 ounce
1 bushel potatoes	60 pounds
½ peck potatoes	7½ pounds
2½ cups prunes	1 pound
3 cups raisins	1 pound
2 cups rice	1 pound
2½ tablespoons salt	1 ounce
2 cups salt	1 pound
1 bushel salt	56 pounds
5 cups suet, chopped	1 pound
2 tablespoons sugar, granulated..	1 ounce
2 cups sugar	1 pound
2⅔ cups sugar, brown or powdered..	1 pound
72 cubes cut sugar	1 pound
330 to 360 pounds sugar.....	1 barrel
3 cups tapioca, granulated	1 pound

III

TABLE OF PROPORTIONS

Batters: 1 quart liquid to 1 quart flour.

Muffin or cake dough; 1 quart liquid to 2 quarts flour.

Dough to knead; 1 quart liquid to 3 quarts flour.

Dough to roll out; 1 quart liquid to 4 quarts flour.

Six teaspoons of baking powder to 1 quart flour, if no eggs are used.

One-half tablespoon soda and 1 tablespoon cream of tartar is about equivalent to 2 tablespoons of baking powder.

Two cups liquid yeast equal two dried yeast cakes, or one compressed yeast cake.

Two cups liquid yeast, 2 dry yeast cakes, or 1 compressed yeast cake to 1 quart liquid, if bread is raised during the day.

One cup liquid yeast, 1 dry yeast cake, or $\frac{1}{2}$ compressed yeast cake to 1 quart liquid, if bread is raised over night.

Three teaspoons soda to 1 quart thick sour milk.

Three teaspoons soda to 1 quart molasses.

Two teaspoons soda to 3 cups thick sour cream.

One cup cornstarch to 2 quarts milk for blanc mange.

One teaspoon salt to 1 quart soup stock, sauces, etc.

One-eighth teaspoon pepper to each teaspoon salt.

Four to six egg yolks to 1 quart milk for soft custards.

Four to 6 whole eggs to 1 quart milk for cup custards.

One teaspoon salt to each quart of water for boiling vegetables.

One-half cup flour to 1 quart liquid for white sauces, gravies, etc.

Three-quarters cup flour to 1 quart liquid for brown sauces, etc.

One cup uncooked rice equals about 4 cups of cooked rice.

Five quarts mashed potatoes require about 9 pounds pared potatoes or 12 pounds unpared potatoes.

IV

SEASONINGS AND FLAVORINGS

In order to avoid monotony in cooking, and produce a pleasing variety of dishes when using almost the same materials, it is necessary to keep on hand a supply of flavoring and seasoning materials. A list is given below of the ones most frequently used; those most appropriate in sweet dishes being grouped together and those used in savory dishes, such as soups, stews, etc.

Flavorings for Sweet Dishes

Vanilla bean or extract	Cloves
Almond extract	Nutmeg
Orange rind and juice	Allspice
Lemon rind and juice	Ginger
Cinnamon	Mace
Caramel	

Seasonings for Savory Dishes

Pepper	Onion extract
Peppercorns	Cloves
Cayenne	Thyme
Paprika	Bay leaves
Curry powder	Worcestershire sauce
Sage	Parsley
Summer savory	Capers
Sweet marjoram	Mustard
Celery extract	Pimento

SEASONINGS AND FLAVORINGS

9

Celery seed	Dried peppers
Onion	Green peppers
Celery leaves	Red peppers
Pot herbs	Horseradish
	Tabasco sauce

Avoid using the same seasonings or flavorings in every dish. Where several flavors are combined, keep all somewhat equally balanced so that no one is conspicuously present. Skill in the art of cooking consists in a careful selection and perfect blending of all flavoring and seasoning ingredients.

V

BEVERAGES

General Rules

Heat the coffee before using.

Scald the coffee-pot, tea-pot or coffee-urn before using; also the coffee bag.

If a coffee or tea bag is used, remove the bag as soon as the beverage is ready to serve. It should be washed with hot water and dried in the fresh air. The bag should be renewed weekly.

Use fresh boiling water for tea and coffee.

Wash eggs before breaking.

If lemon is used in tea, wash, cut in thin slices, and remove the seeds.

If milk is used in coffee, it should be heated.

Coffee cups should be heated.

Boiled Coffee

(50 Cups)

6 cups ground coffee	2½ cups cold water
2 whole eggs	10 quarts boiling water
	1 cup cold water

Mix coffee, cold water, eggs and broken shells in heated coffee-pot; add boiling water; boil five minutes; remove to steam table; pour out one cup

of coffee and return it to the pot; add one cup of cold water and settle five minutes. Pour into coffee urn and serve.

Filtered Coffee

(150 Cups)

4 quarts pulverized coffee 1 quart hot water
 25 quarts boiling water

Pour three pitchers of hot water into coffee urn, and the same quantity into jacket surrounding the porcelain lining. Turn steam and exhaust pipes, under the urn, to the left. Mix coffee with hot water; draw water out of urn, place coffee in bag in urn, and pour over it the boiling water. Draw off several pitchers of the coffee and pour it over the grounds. When ready to serve remove the bag and keep hot.

Iced Coffee

Mix enough rich milk with Boiled Coffee to give it the desired flavor. Sweeten, stand near the ice. Serve in glasses with crushed ice.

Tea in Urn

(100 Cups)

1½ cups tea 18 quarts freshly boiled water

Place tea in a square of double cheese-cloth; bring the four corners together and tie with twine. At eight minutes before the dinner or supper hour,

place the tea bag in the urn, which has been thoroughly heated; pour the water over tea, steep six minutes; remove the tea bag. Keep hot over alcohol flame.

The cheese-cloth should be emptied and washed in very hot water.

Tea in Small Pot

(10 Cups)

2 heaping teaspoons tea 2 quarts boiling water

Put tea in scalded pot and pour boiling water over it; steep five minutes; strain and serve hot.

Iced Tea

(150 Glasses)

3 cups tea 9 quarts boiling water
12 quarts sterilized, cold water

Follow recipe for making Tea in Urn. Cool, add the cold water; serve from pitchers one-half full of cracked ice.

Cocoa

(150 Cups)

5 cups cocoa 10 quarts boiling water
2 quarts cold water 18 quarts hot milk
8 cups sugar 1 teaspoon salt

Mix cocoa and cold water until smooth; dissolve with the boiling water; boil thirty minutes in uncovered saucepan, stirring occasionally. Add

sugar and stir until dissolved; then add to hot milk in double boiler; beat with Dover egg beater until froth forms on surface. The presence of froth prevents scum.

	Protein	Total
Calories in recipe.....	2,645	21,380
Calories in one cup.....	18	142

Reception Chocolate

(150 Cups)

3 pounds chocolate	4½ pounds sugar
6 quarts boiling water	24 quarts hot milk

Melt chocolate in upper part of double boiler, add the hot water, stir over the fire until smooth, place in double boiler and cook an hour or more. Add the hot milk and sugar. Beat until foamy and keep hot. Serve with Whipped Cream, using:

2 quarts thick cream	2 tablespoons powdered sugar
1 pint rich milk	½ tablespoon vanilla

Chill the cream, place in cream churn, add sugar and vanilla; beat until quite stiff.

	Protein	Total
Calories in recipe	3,795	38,822
Calories in one cup	25	259

Lemonade

(32 Quarts)

100 lemons or 3¾ quarts juice	6 pounds sugar 27 quarts water Ice
----------------------------------	--

Squeeze lemons, add sugar, water and a large piece of ice. Stir until sugar is dissolved and let stand one-half hour before serving. Lemonade is improved by making a syrup of the sugar and water.

	Protein	Total
Calories in recipe		12,219
Calories in one quart		381

Fruit Punch I

(7 Quarts)

3 dozen lemons	5 pounds sugar
1 dozen oranges	5 quarts water
1 cup pineapple	½ box strawberries

Pare the yellow portion from the rind of four lemons, add to the sugar and water and boil for five minutes; strain and cool. Remove seeds and coarse pulp from orange and lemon juice. Cut pineapple into small pieces. Strawberries may be added whole or cut in half. Mix all ingredients and pour over ice in punch bowl. Add more water if necessary. Candied cherries may be used if strawberries are not in season.

	Protein	Total
Calories in recipe	12	10,089
Calories in one quart	2	1,441

Fruit Punch II

(7 Quarts)

1 quart water	1 pint hot tea
1 pint grated pineapple	6 oranges
1 quart water	6 lemons
2 pounds sugar	1 pint grape juice
5 quarts water	

Mix one quart water and one pint of pineapple and boil fifteen minutes. Strain and add the syrup made by boiling together two pounds of sugar and one quart of water ten minutes; add hot tea, orange and lemon juice, grape juice, the five quarts of cold water and a large piece of ice. Fresh or candied cherries or strawberries may be used as a garnish. Serve in small sherbet glasses.

	Protein	Total
Calories in recipe	4	4,426
Calories in one quart	$\frac{1}{2}$	632

Iced Cocoa

(50 Glasses)

3 pounds sugar	$\frac{1}{2}$ pound cocoa
1 $\frac{1}{2}$ quarts water	2 cups warm water
1 teaspoon salt	6 quarts milk

Dissolve sugar in the water and boil five minutes. Mix cocoa with the warm water, and add to the boiling water and sugar. Boil slowly ten minutes, then add salt. When cool, put in bottles or jars. Use two tablespoons of this syrup in each glass, with crushed ice, and fill glass with cold milk. Shake well and serve at once.

	Protein	Total
Calories in recipe	914	10,338
Calories in one glass	18	207

Grape Juice I

Wash and remove ripe Concord grapes from the stems; place in an agate kettle; mash, and heat to the boiling point over a moderate fire, stirring

frequently with a wooden spoon. Drain through jelly bag or wooden fruit press. If fruit press is used, place a square of cheesecloth in the press before pouring in the fruit. Each quart of loose grapes should yield about one pint of juice. Add one-fourth cup of sugar to each quart of juice; bring it to the boiling point, and pour at once into sterilized bottles (using a glass or agate funnel), and seal with sterile corks. When cold, trim off cork level with the top of the bottle, and dip inverted bottles into melted paraffin.

Grape Juice II

Wash and remove ripe Concord grapes from the stems, mash thoroughly and pour into a fruit press, extracting all the juice. Measure, add one-fourth cup of sugar to each quart of juice; heat to the boiling point, and bottle as for Grape Juice I.

Calories in one pint pure juice..... 450

Raspberry Vinegar

To two pounds fresh raspberries add one quart of pure cider vinegar and let stand twenty-four hours.

Add two more pounds of berries and let stand another twenty-four hours. Rub through a sieve then strain through jelly bag. Add to every pint of juice one and one-half pounds of light brown sugar, place on the stove and heat slowly. Remove scum. When boiling hot, bottle and put away.

Serve diluted with iced water.

ADDITIONAL RECIPES

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VI

CEREALS

Cereals include wheat, oats, rye, barley, maize (Indian corn) and rice. Wheat is probably the most important; next to wheat comes rice. Macaroni, spaghetti and vermicelli are made from wheat flour. The following table shows the comparative composition of the different cereals:

	Water	Protein	Fat	Carbo-hydrates	Ash
Barley	10.8	9.3	1.0	77.6	1.3
Bread, Wheat	35.3	9.2	1.3	53.1	1.1
Cornmeal	12.5	9.2	1.9	75.4	1.0
Cornstarch				90.0	
Crackers, Boston	7.5	11.0	8.5	71.1	1.9
Flour, Wheat	12.0	11.4	1.0	75.1	.5
Hominy	11.8	8.2	.6	79.0	.3
Hominy, Cooked.....	79.3	2.2	.2	17.8	.5
Macaroni	10.3	13.4	.9	74.1	1.3
Macaroni, Cooked	78.4	3.0	1.5	15.8	1.3
Oatmeal	7.3	16.1	7.2	67.5	1.9
Oatmeal, Cooked	84.5	2.8	.5	11.5	.7
Rice	12.3	8.0	.3	79.0	.4
Rice, Cooked	72.5	2.8	.1	24.4	.2
Tapioca	11.4	.4	.1	88.0	.1
Wheat, Shredded	8.1	10.5	1.4	77.9	2.1

U. S. Department of Agriculture.

The ready-to-eat breakfast foods, as shredded wheat, puffed rice, corn flakes, etc., are more ex-

pensive than the uncooked cereals, but they are more easily and quickly served. Cereals should be kept in a cool, dry place; warmth will favor the development of insect life; and moisture, when absorbed, makes them musty.

General Rules

All cereals should be thoroughly cooked. A long slow cooking improves both flavor and digestibility. This result may be obtained by cooking in either a double boiler or fireless cooker. When using a double boiler fill the lower part one-third full of boiling water; it must be kept boiling while the cereal is cooking. If more water is needed before the cooking is completed, boiling water must be used.

Mush may be poured into bread pans which have been wet with cold water. When cold, cut in one-third-inch slices, dip in flour or fine bread crumbs, and saute.

Any cold mush may be thinned with cream, milk or water, strained, and served as a gruel.

Cooking of Cereals

Pour the required amount of water into the upper part of the double boiler, add salt, and when it boils, sprinkle in the dry cereal, stirring directly over the fire until it thickens. Then place over boiling water and cook until thoroughly done.

As Hominy Grits and Oatmeal require cooking

for several hours, after cereal thickens, place double boiler on back of coal range or on steam table over night. Pettijohn and Cream of Wheat are ready to serve in forty-five minutes.

Cornmeal Mush

(150 Portions)

$7\frac{1}{2}$ pounds yellow cornmeal 1 cup salt
4 gallons boiling water 1 cup sugar

Have water boiling; add salt and sugar; add cornmeal slowly, stirring all the time. Cook three hours. Put in pans and when cold slice and fry.

	Protein	Total
Calories in recipe	1,252	13,004
Calories in one portion	8	87

Hominy Grits

(150 Portions)

$6\frac{1}{2}$ pounds hominy grits $\frac{3}{4}$ cup salt
21 quarts boiling water

	Protein	Total
Calories in recipe	979	10,452
Calories in one portion.....	7	70

Oatmeal

(150 Portions)

$7\frac{1}{2}$ pounds oatmeal $\frac{3}{4}$ cup salt
26 quarts boiling water

When oatmeal is cooked in a fireless cooker, use one-fourth less water than is called for in the recipe.

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	Protein	Total
Calories in recipe	2,191	13,575
Calories in one portion	15	91

Wheatena

(150 Portions)

5½ pounds Wheatena	¾ cup salt	
20 quarts boiling water		
	Protein	Total
Calories in recipe	1,107	9,026
Calories in one portion.....	7	60

Cream of Wheat

(150 Portions)

6 pounds Cream of Wheat	¾ cup salt	
24 quarts boiling water		
	Protein	Total
Calories in recipe	1,459	11,300
Calories in one portion.....	10	75

Pettijohn's Breakfast Food

(150 Portions)

7 pounds Pettijohn	¾ cup salt	
15 quarts boiling water		
	Protein	Total
Calories in recipe.....	1,410	11,795
Calories in one portion.....	9	79

Corn Flakes

(150 Portions)

7½ eight-ounce boxes Corn Flakes	Protein	Total
Calories in recipe.....	435	6,120
Calories in one portion.....	3	41

CEREALS

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Puffed Rice

(150 Portions)

10 five-ounce boxes Puffed Rice

	Protein	Total
Calories in recipe	500	5,000
Calories in one portion.....	3	33

Puffed Wheat

(150 Portions)

12 four-ounce boxes Puffed Wheat

	Protein	Total
Calories in recipe.....	720	4,800
Calories in one portion.....	5	32

Shredded Wheat

	Protein	Total
Calories in one biscuit.....	14	104

VII

CEREALS USED AS VEGETABLES

Boiled Hominy

(150 Portions)

8 pounds hominy	2 cups salt
Cold water	1 pound butter

Wash and soak hominy several hours in cold water. Place in double boiler or fireless cooker; add the salt and enough water to allow the hominy to swell four or five times its bulk. Cook until soft; stir occasionally; drain; melt and add butter, and serve as a vegetable.

	Protein	Total
Calories in recipe.....	1,223	16,352
Calories in one portion....	8	109

Hominy Pudding

(150 Portions)

15 quarts cooked hominy or 6 pounds uncooked	6 quarts milk 1 cup salt
3 dozen eggs	3 teaspoons pepper
¾ pound flour	¾ pound butter, melted

Soak and cook hominy as for Boiled Hominy. Put through the food chopper, add the beaten eggs, flour, milk, seasoning and melted butter. Pour into greased baking dishes and bake in a

moderate oven three-fourths to one hour, according to the size of the dish.

	Protein	Total
Calories in recipe.....	2,663	19,653
Calories in one portion.....	18	131

Hominy Soufflé

(150 Portions)

6 pounds hominy	$\frac{3}{4}$ pound butterine, melted
1 cup sugar	1 $\frac{1}{2}$ dozen eggs
3 cups flour	3 quarts milk
	1 cup salt

Soak and cook hominy as for Boiled Hominy. Put through the food chopper, add sugar, flour, melted butterine, the beaten yolks of eggs, milk and salt; mix thoroughly and fold in the well-beaten whites of eggs. Bake in well-greased pans in a moderate oven until the center is set.

	Protein	Total
Calories in recipe.....	1,869	17,408
Calories in one portion.....	12	117

Boiled Rice

(150 Portions)

10 pounds rice	2 cups salt
	30 quarts boiling water

Rice must be carefully picked over and washed thoroughly. Add it gradually to boiling, salted water, so that the water will not stop boiling. Cook until grains are soft; turn into colander to drain, rinse with a little cold water, and serve as a vegetable.

CEREALS USED AS VEGETABLES 27

	Protein	Total
Calories in recipe.....	1,453	15,910
Calories in one portion.....	10	106

Steamed Rice

(150 Portions)

8 pounds rice 16 quarts water
 $\frac{3}{4}$ cup salt

Cook rice in boiling water over the fire for five minutes. Place lid on vessel and remove to steam vegetable cooker, or place in fireless cooker for about one-half hour, or until rice is tender. Serve as a vegetable.

	Protein	Total
Calories in recipe.....	1,163	12,728
Calories in one portion.....	8	85

Creamed Rice

(150 Portions)

7 pounds rice 4 $\frac{1}{2}$ quarts milk
1 cup salt $\frac{1}{2}$ cup sugar
20 quarts boiling water 1 $\frac{1}{2}$ dozen eggs

Cook as for Boiled Rice. Heat the milk in double boiler and pour over the beaten eggs and sugar. Add this to the drained rice; cook in double boiler until it thickens, stirring lightly.

	Protein	Total
Calories in recipe.....	1,993	15,626
Calories in one portion.....	13	104

Scalloped Rice

(150 Portions)

Prepared as for Creamed Rice. After adding eggs and milk, place in baking dishes, cover with

five quarts Buttered Crumbs and bake until a golden brown.

	Protein	Total
Calories in recipe	2,478	20,771
Calories in one portion.....	17	138

Rice Soufflé

(150 Portions)

6 pounds rice	$\frac{3}{4}$ pound butterine, melted
1 cup sugar	18 eggs
3 cups flour	3 quarts milk
,	Salt

Boil rice in salted water, or steam until tender. Put in mixing bowl and add sugar, flour, melted butterine, the beaten yolks of eggs, milk and salt to taste; mix thoroughly then add well beaten whites of eggs. Bake in a moderate oven until the center is set.

	Protein	Total
Calories in recipe	1,809	17,229
Calories in one portion.....	12	115

Turkish Pilaf

(150 Portions)

6 pounds rice	1 quart chopped green
9 quarts cooked and strained tomato	peppers
5 quarts seasoned stock	$\frac{1}{2}$ cup salt
2 cups chopped onion	$\frac{1}{3}$ cup sugar
	1 pound butter

Mix all together in double boiler and cook until rice is soft. Do not stir. Serve as a vegetable.

	Protein	Total
Calories in recipe	1,238	15,158
Calories in one portion.....	8	101

Rice Croquettes I

(150 Portions)

6 pounds uncooked rice	$\frac{3}{4}$ pound butter
$\frac{1}{3}$ cup salt	1 $\frac{1}{2}$ dozen eggs
3 cups milk	$\frac{1}{4}$ teaspoon cayenne
	1 cup chopped parsley

Cook rice as for Creamed Rice. Heat milk and butter together, add to the beaten eggs and pour into the drained rice; add cayenne and parsley. Form in shape with the hands, and roll in fine bread crumbs. Fry in hot fat, drain on paper, and serve hot.

	Protein	Total
Calories in recipe	1,340	13,640
Calories in one portion.....	9	91

Rice Croquettes II

(150 Portions)

6 pounds rice	2 tablespoons salt
12 quarts boiling water	1 teaspoon pepper
4 quarts milk	$\frac{1}{2}$ pound butter

DIPPING

14 eggs	2 pounds dried bread crumbs
	2 $\frac{1}{2}$ pounds soft bread crumbs

Cook rice in boiling water fifteen minutes; add milk, butter and seasoning. Cook in double boiler one hour. Cool, mould into croquettes, dip in egg and bread crumbs and fry in deep fat.

	Protein	Total
Calories in recipe	2,497	20,126
Calories in one portion.....	17	134

Rice and Tomato Sauce

(150 Portions)

7 pounds rice	25 quarts water
$\frac{3}{4}$ cup salt	15 quarts Tomato Sauce

Wash rice, add to rapidly boiling, salted water and cook until tender. Drain and dry. Serve with tomato sauce.

	Protein	Total
Calories in recipe	1,801	26,693
Calories in one portion.....	12	178

Rice and Cheese

(150 Portions)

7½ pounds rice	4½ quarts milk
$\frac{1}{2}$ pound butterine	3½ quarts water
1 pound flour	4 pounds cheese

Cook rice in boiling, salted water until soft. Make sauce of butterine, flour, milk and water. Add cheese and stir until dissolved. Pour over rice and serve, or cover with Buttered Crumbs and brown before serving.

	Protein	Total
Calories in recipe.....	3,930	26,042
Calories in one portion.....	26	173

Macaroni and Cheese I

(150 Portions)

9 pounds macaroni	8 quarts White Sauce I
1 cup salt	5 pounds grated cheese
Hot water	

Break the macaroni into one-inch pieces, or use elbow macaroni. Cook in boiling, salted water

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until soft, drain and pour cold water over it to prevent pieces from adhering. Dissolve the cheese in white sauce and mix with the macaroni. Serve in vegetable dishes.

	Protein	Total
Calories in recipe.....	5,643	33,088
Calories in one portion.....	38	221

Macaroni and Cheese II

(150 Portions)

6 pounds macaroni	5 quarts water
1½ pounds butterine	3¾ pounds cheese
1½ pounds flour	½ cup salt
7 quarts milk	¾ teaspoon pepper
	6 quarts Buttered Crumbs

Break macaroni in one-inch pieces, or use elbow macaroni. Cook in boiling, salted water until soft; pour cold water over it to prevent pieces from adhering. Make White Sauce of butterine, flour, milk, water and seasoning. Add cheese and stir until dissolved. Add sauce to macaroni, place in baking dishes, cover with buttered crumbs and brown in oven.

	Protein	Total
Calories in recipe.....	5,110	35,275
Calories in one portion.....	34	235

Macaroni and Tomato Sauce

(150 Portions)

6½ pounds macaroni	2 pounds cheese
	12½ quarts Tomato Sauce

Cook macaroni as for Macaroni and Cheese. Dissolve cheese in tomato sauce and add to macaroni.

	Protein	Total
Calories in recipe	3,278	27,507
Calories in one portion.....	22	183

Italian Spaghetti

(150 Portions)

4 pounds spaghetti	1 onion
2 No. 10 cans tomatoes	$\frac{1}{4}$ cup butterine
5 quarts water	1 $\frac{1}{4}$ pounds flour
3 peppers	2 pounds cheese, grated

Cook the spaghetti the same as macaroni. Heat tomatoes and water and thicken with the flour mixed to a smooth paste with cold water. Cook chopped peppers and onion in butterine five minutes and add to sauce. Mix sauce with spaghetti. The cheese may be added to the sauce, or the spaghetti may be placed in baking dishes, sprinkled with grated cheese and baked in oven until cheese is melted and slightly browned.

	Protein	Total
Calories in recipe	2,482	14,486
Calories in one portion	17	97

Peanut Loaf

(50 Portions)

6 pounds shelled peanuts	$\frac{3}{4}$ teaspoon pepper
18 pounds pared potatoes	6 eggs
$\frac{1}{2}$ cup salt	1 quart Buttered Crumbs

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Cook and mash potatoes. Put peanuts through food chopper and mix with potatoes. Add eggs, slightly beaten, and seasoning. Shape into loaves and roll in buttered crumbs. Place loaves in bread pans and bake in moderate oven until crumbs are brown. Serve with or without Creole Sauce.

	Protein	Total
Calories in recipe	3,647	23,127
Calories in one portion	75	462

VIII

BREAD

General Rules

Use flour containing a large percentage of gluten, or a flour called entire or whole wheat. Graham flour contains the bran coat of the wheat grain, and makes a dark loaf.

Flour should be kept in a dry place. It should be warmed just before using.

When milk is used, scald it to prevent souring. Milk and water are used lukewarm.

Yeast must be fresh. Dissolve compressed yeast in lukewarm water.

When bread is started at night, use one-half the quantity of yeast called for in the following recipes.

Loaves of bread should be baked about one hour in a hot oven. Reduce the heat of the oven after bread has browned. When baked, the loaves should be placed on a wire rack to cool, covered with a single cloth.

Biscuit and rolls require a hotter oven than bread.

Bread should be kept, without a cloth, in a tightly covered tin box. The box should be scalded daily.

Flour Substitutes

In substituting other cereal flours for wheat, it is possible to use any on the market with good results, where baking powder is used as the leavening agent. With yeast anything over 50% substitution is difficult to make into light and easily digested bread, unless egg, baking powder or gelatin is used with the yeast.

In preparing the pans oil very thoroughly, and heat them; and when the muffins or cakes are taken from the oven, allow to stand three to five minutes on the cooling rack before removing from pan, otherwise the cakes are likely to stick and break.

The following table gives necessary variations:

Flour	% Substitution	Extra Baking Powder Per Pint	Additional Liquid
Barley	100 %	.1 teaspoon	none
Buckwheat*	50 %	½ teaspoon	none
Cornflour	100 %	1 teaspoon	about double
Oat flour*	50 %	1 teaspoon	about ½ more
Rice flour*	50 %	½ teaspoon	none
Rye	100 %	none	none

*May be used with 50 per cent barley, corn or rye flour instead of wheat.

Corn-meal, mashed potato, or boiled rice may be substituted 50% with any of the above flours. Corn-meal requires more, rice and potato less liquid.

Where potato flour is substituted for wheat, not more than one-half the bulk called for can safely

be used, as its thickening property is about double that of wheat. Potato flour gives excellent results in sponge cakes, and may be used, with care, in butter cakes, but should not be used more than 25% substitution in baking powder or yeast breads, as the breads made with higher per cent are soggy and indigestible.

White Bread Made in Bread Machine

SPONGE

2 pounds flour	2 1/4 quarts boiling water
2 tablespoons salt	4 cakes compressed yeast
2 tablespoons sugar	dissolved in
	1 cup warm water

Mix the flour, salt and sugar; add the boiling water gradually and beat until smooth; when cooled to lukewarm, add the dissolved yeast; cover and stand in a warm place until light.

BREAD MIXTURE

3 quarts hot milk	1/2 pound lard
1/4 cup salt	The light Sponge
	24 pounds flour

Put one-quarter of the scalded milk, salt and lard into the bread machine; when lukewarm, add one-quarter of the sponge. Close machine, put one-quarter flour in the sifter, turn handle continually until all is sifted through, and one minute longer to insure thorough mixing. Remove sifter, air chamber and shafts; draw the dough together and turn into a mixing basin, cover with damp

cloth and stand in warm place until light. Repeat until all is mixed. Knead mixture lightly with the hands, allow it to rise again; when double its bulk, knead, form into loaves, and put into greased baking pans; when it has doubled its bulk, bake in a moderately hot oven.

This quantity will make twenty small French loaves, or seven large sandwich loaves.

	Protein	Total
Calories in recipe	5,642	45,830

Soft Graham Bread

SPONGE

2 cups flour	1 cup boiling water
1 teaspoon salt	1 cake compressed yeast
1 teaspoon sugar	dissolved in
½ cup warm water	

Mix as sponge for White Bread.

BREAD MIXTURE

2½ quarts hot water	3 tablespoons salt
¾ cup molasses	1½ pounds white flour
6 ounces lard	6 pounds graham flour

Place the water, molasses, lard and salt in basin of the machine; when lukewarm, add the sponge; close the machine and put all the flour in the sifter. Turn steadily until flour is sifted through; empty coarse bran left in sifter into dough and stir one minute. Remove shafts and pour the dough into a large mixing basin; cover and stand in a warm place to rise. When thoroughly light,

beat the dough and place in greased baking pans; allow to rise until very light and bake from three-quarters to one hour, according to size of loaf. Six large loaves.

	Protein	Total
Calories in recipe	1,670	15,000

Tea Biscuit

(200 Biscuits)

8 pounds flour	2 ounces salt
2 quarts milk	5 ounces sugar
7 ounces lard and butter	2 compressed yeast cakes

Dissolve yeast cakes in one cup lukewarm water. Have milk at a temperature of 98° F.; add sugar, salt, shortening and yeast, and enough flour to beat well, then add remaining flour and knead for twenty minutes on board. Set to rise in temperature of about 75° F. It should be light in about two and one-half hours.

Allow one ounce of dough to each biscuit, mould into shape with the hand and place in pans one inch apart. Set to rise until very light, then bake in a quick oven.

	Protein	Total
Calories in recipe	1,878	16,461
Calories in one biscuit	9	82

Dorcas Rolls

(500 Rolls)

SPONGE

1 pint warm water	1 pound flour
2 teaspoons salt	3 compressed yeast cakes in
2 teaspoons sugar	½ cup water

Dissolve salt and sugar in the warm water; add dissolved yeast, and stir in the flour; cover and stand in a warm place until light and spongy.

ROLL MIXTURE

4½ pounds potatoes	1 cup sugar
3 quarts hot milk	½ cup salt
1½ quarts hot water	The Sponge
1½ pounds lard	20 pounds flour

Boil and mash potatoes, add gradually the hot milk, water, sugar, salt and lard. When the mixture is lukewarm; add sponge, then divide into three parts; place one-third in bread machine and one-third flour in sifter, turn crank until flour is sifted through and about one minute longer to insure thorough mixing. Turn into large mixing basin. Repeat process until all is mixed. When dough is light, beat with a spoon and rise again. Make into rolls the size of a small egg, allow to rise until very light and bake in hot oven.

	Protein	Total
Calories in recipe	4,805	44,354
Calories in one roll	10	89

Raised Graham Muffins (500 Muffins)

SPONGE

3 cups flour	1 quart boiling water
6 teaspoons salt	1½ compressed yeast cakes in
6 teaspoons sugar	½ cup warm water

Mix the flour, salt and sugar, add boiling water gradually, and beat until smooth; when cooled to lukewarm, add the dissolved yeast; cover and stand in a warm place until light.

MUFFIN MIXTURE

9 quarts hot water	$\frac{3}{4}$ cup salt
2 cups molasses	The light Sponge
3 pounds lard	4½ pounds white flour
	16 pounds graham flour

Mix one-third molasses, salt, lard and water in basin of the machine; when lukewarm, add one-third the sponge and put one-third the flour in the sifter. Turn steadily until flour is sifted through; empty coarse bran left in sifter into dough and stir one minute; remove sifter, air chamber, and shafts; pour the mixture into a mixing basin to rise. Repeat process until all is mixed. When dough becomes light, beat with a spoon and rise again. Fill muffin pans, rise and bake fifteen or twenty minutes in hot oven.

	Protein	Total
Calories in recipe	4,987	48,719
Calories in one muffin	10	97

Raised Muffins

(500 Muffins)

SPONGE

3 cups flour	3 cups boiling water
6 teaspoons salt	1½ compressed yeast cakes in
6 teaspoons sugar	½ cup warm water

Mix flour, salt, sugar, add boiling water gradually, and beat until smooth; when cooled to lukewarm, add the dissolved yeast; cover and stand in a warm place until light.

MUFFIN MIXTURE

4½ quarts scalded milk	3 quarts cold water
4½ tablespoons salt	1½ dozen eggs beaten
1½ pounds butter	together
8 cups sugar	The Sponge
19½ pounds flour	

Measure one-third salt, butter and sugar; dissolve these in one-third the hot milk; add one-third water to cool the mixture to lukewarm, then one-third the beaten eggs and one-third the light sponge; then sift in one-third the flour. Turn the crank steadily three minutes, then pour the mixture into a basin to rise. Repeat the process until all is mixed. When dough becomes light, beat and rise again. Fill muffin pans, rise, and bake fifteen or twenty minutes in hot oven.

	Protein	Total
Calories in recipe	5,118	44,676
Calories in one muffin	10	89

Cinnamon Bun

(200 Buns)

SPONGE

1½ quarts milk	½ cup salt
1½ quarts water	6 pounds flour
¾ pound butter	3 compressed yeast cakes in
1 cup water	

Dissolve salt and butter in the warm liquid; add the dissolved yeast and stir in the flour. Cover and stand in a warm place until light and spongy.

BUN MIXTURE

The light Sponge	1½ pounds butter
1 dozen eggs, yolks	4½ pounds brown sugar
3 pounds sugar	3 ounces cinnamon
8 pounds flour	4½ pounds currants

Beat the eggs, add sugar, pour into the sponge. Put one-half the mixture into the basin of bread machine, stir one-half the flour into it from the sifter, mix thoroughly; pour dough into a large mixing basin. Repeat process with the remainder of the mixture. When double in bulk, roll one-fourth of an inch thick and spread with the butter, brown sugar and cinnamon mixed, and scatter over it the currants; roll as for jelly roll, cut in one and one-half inch pieces, stand these on end close together in baking pans. The pans should be well greased and sprinkled with brown sugar before putting in the buns. Rise until double in bulk. Mix one cup of molasses and one cup of water, moisten the top of the buns with this, and bake in a moderate oven from forty-five minutes to one hour.

	Protein	Total
Calories in recipe	3,500	52,378
Calories in one bun	18	262

Steamed Brown Bread

(30 Loaves)

5 $\frac{3}{4}$ pounds rye meal	$\frac{1}{2}$ cup soda
6 pounds corn meal	$\frac{1}{2}$ cup salt
5 $\frac{3}{4}$ pounds graham flour	1 $\frac{1}{2}$ quarts molasses
8 quarts buttermilk	

Mix dry ingredients, add molasses and milk, stir until well mixed and free from lumps. Turn mixture into thirty greased brown bread moulds, making each three-fourths full. Steam nine hours. Serve hot, with or without Baked Beans.

	Protein	Total
Calories in recipe	5,130	32,482
Calories in one loaf	171	1,083

USES FOR STALE BREAD**Dried Bread Crumbs**

Dry stale bread, broken crusts, or toast in the warming oven. When thoroughly dry, pass through the food chopper or use the "Clad" grater; then sift to remove the coarse pieces. Keep in jars in a dry place. Stale crackers may be dried and used in the same way.

Use for croquettes, fried oysters, veal cutlet, etc. Do not use these crumbs with scalloped dishes, as they are too dry and fine. The coarse pieces which remain in the sifter may be served with cream soups, using a spoonful in each plate.

Croutons

(150 Portions)

Cut seven square loaves of stale bread into slices, then into cubes, and brown in moderate oven.

	Protein	Total
Calories in recipe	1,181	8,218
Calories in one portion	8	55

Bread Sticks

(150 Portions)

Remove crust from seven square loaves of bread, cut into one-half inch slices, then in strips one-half inch wide. Brown in oven or under broiler flame, turning frequently. Serve with soup.

	Protein	Total
Calories in recipe	1,181	8,218
Calories in one portion.....	8	55

Toast Points

(150 Portions)

Use one and one-half triple sandwich loaves of bread. Cut slices in triangular shapes and toast a light brown. Use as a garnish with Veal Fricassee, Beef Stew, etc.

	Protein	Total
Calories in recipe	759	5,283
Calories in one portion	5	35

Cream Toast

(150 Portions)

12 quarts White Sauce I 150 slices toast

Dip toast in the white sauce, allow to remain about one minute; serve in vegetable dishes with the sauce.

	Protein	Total
Calories in recipe	2,492	21,376
Calories in one portion.....	17	142

Cheese Toast

(50 Portions)

50 slices toast	1½ tablespoons salt
¾ pound butterine	½ teaspoon pepper
5 ounces flour	¼ teaspoon cayenne
3½ quarts milk	1¼ pounds grated cheese

Make a White Sauce of butterine, flour, milk and seasoning. Add three-fourths of the grated cheese to the sauce and stir until dissolved. In serving pour the sauce over toast and sprinkle with remaining grated cheese.

	Protein	Total
Calories in recipe	1,524	10,246
Calories in one portion.....	30	205

French Toast

(150 Portions)

7 dozen eggs	2 cups sugar
4 tablespoons salt	6 quarts milk
	150 slices bread

Beat the eggs slightly, add salt, sugar and milk, dip the bread in the mixture. Place bread on a hot, buttered griddle; brown on both sides. Serve hot with cinnamon and sugar, or sauce.

	Protein	Total
Calories in recipe	4,504	22,406
Calories in one portion.....	30	149

Creamed Crackers

(150 Portions)

7 pounds soda crackers 9 quarts White Sauce I

Heat the crackers in the oven. Serve as Cream Toast.

	Protein	Total
Calories in recipe	2,218	23,925
Calories in one portion.....	15	159

Welsh Rarebit

(150 Portions)

2 pounds butter	1 tablespoon mustard
1½ quarts flour	5 quarts milk
½ cup salt	3 quarts water
¼ teaspoon cayenne	6 pounds grated cheese
	150 slices toast

Make a White Sauce of butter, flour, seasoning and liquids. Pour into double boiler and add the grated cheese. Serve on toast. It is better to make one-half this quantity at one time, as it will thicken more satisfactorily.

	Protein	Total
Calories in recipe	5,593	35,060
Calories in one portion.....	37	234

ADDITIONAL RECIPES

49

IX

BAKING POWDER MIXTURES

General Rules

Pastry flour should be used, if possible. Flour must be sifted before it is measured; then mix and sift dry ingredients.

Six teaspoons of baking powder will raise one quart of flour.

The eggs are beaten whole and the milk is added to them, then added to the dry ingredients. When fat is used, it may be worked into the flour with the tips of the fingers, or cut in with a knife.

The pans or muffin rings should be greased before the mixture is prepared. Iron gem pans must be heated.

The oven must be ready for baking before mixtures are prepared; they must be put into the oven as soon as prepared, and baked from twelve to thirty minutes. Bake on the floor of the oven; they may be raised to the shelf to brown.

Baking Powder Biscuit

(300 Biscuits)

20 quarts sifted flour	2 cups baking powder
1 cup salt	2½ pounds lard
5 quarts milk and water in equal parts	

Sift dry ingredients together; mix the lard into the flour with the hands. Add liquid gradually, mixing with a knife, stirring as little as possible. If mixture is too dry add more liquid. Remove each portion from the bowl as soon as mixed. Toss on the floured board until well shaped; roll lightly to one-half inch thickness. Cut with a biscuit cutter, place on greased pans. Bake in a hot oven fifteen or twenty minutes.

	Protein	Total
Calories in recipe.....	4,363	43,835
Calories in one biscuit.....	15	146

Baked Dumplings

(150 Portions)

12 pounds sifted flour	5 pounds lard
½ cup baking powder	2 quarts milk
6 tablespoons salt	2 pints cold water

Mix as for Baking Powder Biscuit; roll one-quarter inch thick and cut into three hundred diamond shaped pieces. Bake on greased pans in a hot oven. Serve with Beef Stew or Veal Fricassee.

	Protein	Total
Calories in recipe	2,678	40,902
Calories in one dumpling ...	9	136

Cream Muffins

(150 Muffins)

8 pounds flour	9 ounces butterine
6 ounces baking powder	9 eggs
2 ¼ ounces salt	5 ¼ quarts milk

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Mix and sift dry ingredients and work in butterine with the hands. Add milk to beaten eggs and stir into the dry ingredients; beat until smooth. Bake in greased muffin tins twenty-five to thirty minutes.

	Protein	Total
Calories in recipe	2,473	19,023
Calories in one muffin	16	127

Rice Muffins

(150 Muffins)

¾ pound uncooked rice or 3 ¼ ounces salt	
2 ½ pounds cooked rice	9 ounces butterine
8 ½ pounds flour	6 eggs
7 ½ ounces baking powder	4 ½ quarts milk

Mix dry ingredients and add the cooked rice, working it in with the hands. Mix and bake as Cream Muffins.

	Protein	Total
Calories in recipe	2,521	20,345
Calories in one muffin	17	136

Corn Muffins

(150 Muffins)

6 quarts wheat flour	6 ounces sugar
3 quarts corn flour	12 eggs
9 ounces baking powder	4 ½ quarts milk
3 ounces salt	12 ounces butterine

Mix as Cream Muffins and bake in greased muffin tins about twenty-five minutes.

	Protein	Total
Calories in recipe	2,550	21,832
Calories in one muffin	17	146

Whole Wheat Muffins

(150 Muffins)

5 pounds whole wheat flour	4 ounces salt
4 pounds white flour	6 eggs
10 ounces sugar	6 quarts milk
8 ounces baking powder	7 ounces butterine

Mix and bake as Cream Muffins.

	Protein	Total
Calories in recipe	2,929	21,669
Calories in one muffin	19	144

Graham Gems

(150 Gems)

9 pounds graham flour	Yolks of 12 eggs
2 cups sugar	4½ quarts milk
7½ ounces baking powder	½ pound butterine
3 ounces salt	Whites of 12 eggs

Mix as Cream Muffins, adding whites of eggs just before baking.

	Protein	Total
Calories in recipe	3,002	22,130
Calories in one gem	20	148

Fruit Rolls

(150 Rolls)

9 quarts flour	2 cups sugar
¾ cup baking powder	2 cups butterine
3 tablespoons salt	2¾ quarts milk

Mix as Baking Powder Biscuit. Roll as for Cinnamon Bun and spread with:

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$\frac{1}{2}$ pound butter, creamed	3 tablespoons cinnamon
3 pounds brown sugar	6 cups currants or small raisins

Roll and cut as Cinnamon Bun, and place close together in baking pan, or in muffin tins. Bake in hot oven fifteen to twenty minutes. Sprinkle with powdered sugar.

	Protein	Total
Calories in recipe	2,308	34,298
Calories in one roll.....	15	229

Raisin and Nut Bread

(50 Portions)

3 pounds graham flour	1 quart molasses
$\frac{3}{4}$ tablespoon salt	1 quart milk
1 $\frac{1}{2}$ tablespoons soda	1 pound raisins
$\frac{3}{4}$ pound nut meats, chopped	

Mix dry ingredients thoroughly. Add the molasses and milk and beat well. Add raisins and nut meats last. Bake in a sheet or in bread pans in a moderate oven about forty-five minutes.

	Protein	Total
Calories in recipe	1,261	13,049
Calories in one portion	25	261

Whole Wheat Nut Bread

(50 Portions)

8 eggs	1 pound flour
2 cups molasses	1 $\frac{1}{2}$ tablespoons baking soda
1 quart milk	$\frac{1}{4}$ cup sugar
2 pounds whole wheat flour	1 tablespoon salt
1 $\frac{1}{2}$ pounds English walnut meats, chopped	

INSTITUTION RECIPES

Beat eggs, add molasses and milk, then dry ingredients, sifted. Beat well. Add nut meats. Bake in a sheet or in bread pans in a moderate oven about forty-five minutes.

	Protein	Total
Calories in recipe	1,584	12,898
Calories in one portion.....	32	260

ADDITIONAL RECIPES

57

X

EGGS

Eggs should be kept in a cool dry place. To determine their freshness the following tests may be used:

1. Hold the egg in front of a candle in a dark room; if fresh, the center should look clear.
2. Place eggs in pan of cold water; if fresh, they should sink to the bottom; a stale egg rises in the water.

During the summer, eggs may be preserved for future use by packing in sawdust, small end down; or they may be packed in cases, having a separate compartment for each egg, and kept in cold storage.

The following practical method of preserving eggs will be found satisfactory: Pack fresh eggs, small end down, in clean earthen or tin vessels, and cover with a solution of water glass or silicate of sodium; cover carefully and keep in a cool place. For the solution, use one part of water glass to ten parts of boiled water, which has been cooled before mixing. Eggs are better if removed from solution twelve hours before using.

The yolk of an egg may be kept from hardening by excluding the air; place yolks in a bowl and cover with paraffin paper or with a saucer.

Soft Cooked Eggs

Place two dozen eggs in wire basket; put in boiling water and stand five or six minutes.

	Protein	Total
Calories in one egg.....	23	63

Hard Cooked Eggs

Cover eggs with hot water, heat to boiling point, remove from stove to steam table, and stand one-half hour. Pour hot water off and cover with cold water; this will cause the shell to remove more easily. Eggs which have been partly cooked may be used for this purpose.

	Protein	Total
Calories in one egg.....	23	63

Poached Eggs

Have ready a frying pan two-thirds full of boiling water. Break each egg into a saucer, remove the pan to a cooler part of the range; slip the eggs into the water, cook five minutes or until the white is firm, and a film has formed over the yolk. Take eggs from the water with skimmer or large spoon, season and serve on slices of toast.

	Protein	Total
Calories in one egg.....	23	63

Fried Eggs

Heat a frying pan. Put in two tablespoons of ham or bacon fat. Break each egg into a saucer, slip them into the hot pan, and cook until the white is firm. Turn eggs over once while cooking, or they may be cooked only on one side. Season and serve hot. When cooking several eggs in a large pan, cut them apart before trying to turn or remove them.

	Protein	Total
Calories in one egg.....	23	63

Scrambled Eggs

(50 Portions)

7 dozen eggs	1 pound butter
1½ quarts milk	4 tablespoons salt

Heat milk and butter in double boiler. Beat eggs until light, add salt, hot milk and butter. Return to double boiler and cook until it thickens, *scraping* the thickened mixture from the sides and bottom as rapidly as it forms. Serve garnished with parsley.

	Protein	Total
Calories in recipe	2,420	11,017
Calories in one portion	48	220

Creamed Eggs

(150 Portions)

12 dozen hard cooked eggs 9 quarts White Sauce I

Slice the eggs, place on hot platters, and pour the white sauce over them. Garnish with toast points and parsley.

	Protein	Total
Calories in recipe	4,443	20,480
Calories in one portion	30	137

Scalloped Eggs

(150 Portions)

12 dozen hard cooked eggs 9 quarts White Sauce I
3 quarts Buttered Crumbs

Slice the eggs and place in large buttered baking dishes; pour the white sauce over them, and cover with buttered crumbs. Bake until crumbs are brown.

	Protein	Total
Calories in recipe	4,790	24,572
Calories in one portion	32	164

Eggs à la Goldenrod

(150 Portions)

8 dozen hard cooked eggs	4 quarts water
1½ pounds butter	5/8 cup salt
1¼ pounds flour	½ teaspoon pepper
8½ quarts milk	150 slices toast

Make a White Sauce of butter, flour, liquid and seasoning. Separate yolks from whites of eggs. Chop whites and add them to the sauce. Force the yolks through a potato ricer. In serving pour the sauce over toast and sprinkle top with yolk of egg.

	Protein	Total
Calories in recipe	5,150	29,590
Calories in one portion	34	197

Royal Scallop

(150 Portions)

8 dozen hard cooked eggs	6 quarts cold ham
8 quarts White Sauce I	4 quarts Buttered Crumbs

Put the eggs through food chopper, also cold ham. Sprinkle bottom of several baking dishes with some of the buttered crumbs; cover with a layer of eggs, meat and sauce; repeat; cover top of each dish with the remaining buttered crumbs, and bake until brown in a moderate oven. Chicken, veal or salmon may be used.

	Protein	Total
Calories in recipe	5,722	23,832
Calories in one portion.....	38	159

Bread Omelet

(50 Portions)

6 dozen eggs	4 tablespoons salt
3 quarts milk	2 teaspoons pepper
2 quarts bread crumbs	1 pound butter

Heat milk in double boiler and add butter and crumbs. Beat eggs, add seasoning and very slowly the milk and crumbs. Return to the double boiler and stir constantly until the mixture thickens like custard. Pour into two buttered steamer pans and place in a moderately hot oven until the omelet is set and delicately brown on top.

	Protein	Total
Calories in recipe	2,369	11,516
Calories in one portion	47	230

Spanish Omelet

(50 Portions)

6 dozen eggs	$\frac{1}{4}$ pound butterine
3 quarts milk	$\frac{1}{2}$ pound flour
$\frac{1}{4}$ cup salt	4 green peppers
1 pound butterine	2 small onions
1 $\frac{1}{2}$ No. 10 cans tomatoes	1 can pimento
1 quart water	2 cups canned mushrooms
	$\frac{1}{4}$ cup salt

Cook eggs, milk, butter and salt as for Bread Omelet, using two buttered steamer pans for this quantity.

Sauce: Add one-half the water to tomatoes and cook until tomatoes are very soft. Mix flour to a smooth paste with the remaining water, add to the tomatoes and stir until it thickens. Chop onions and peppers and cook in butterine until a light brown; add with the chopped pimento and mushrooms to the sauce. Serve sauce poured over the omelet.

	Protein	Total
Calories in recipe	2,734	13,642
Calories in one portion	55	278

Cheese Fondue

(50 Portions)

3 quarts scalded milk	$\frac{1}{2}$ pound butter, melted
3 quarts soft bread crumbs	2 tablespoons salt
3 pounds cheese, grated	2 $\frac{1}{2}$ dozen eggs

Mix first five ingredients, add yolks of eggs, beaten until lemon colored. Fold in the beaten

whites of eggs, pour into buttered baking dishes and bake thirty minutes in a moderate oven.

	Protein	Total
Calories in recipe	2,918	13,389
Calories in one portion	58	268

Egg Cutlets

(50 Portions)

4 dozen hard cooked eggs	$\frac{1}{8}$ teaspoon cayenne
$\frac{1}{2}$ pound butterine	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ pound flour	$\frac{1}{2}$ teaspoon mace or nutmeg
2 quarts milk	4 tablespoons chopped
2 tablespoons salt	parsley
3 quarts White Sauce I	

DIPPING

6 eggs	1 $\frac{1}{2}$ quarts green crumbs
6 tablespoons water	1 pint dry crumbs

Make sauce of butterine, flour, milk and seasoning. When well cooked add the eggs, chopped fine, and the parsley. Spread in buttered pans to cool. When thoroughly chilled, form into cutlets, dip in eggs and crumbs and fry in deep fat. Serve with White Sauce.

	Protein	Total
Calories in recipe	2,140	12,232
Calories in one portion	43	245

Stuffed Eggs With Cream Sauce

(50 Portions)

50 hard cooked eggs	Salt
$2\frac{2}{3}$ cups minced ham or tongue	$\frac{1}{3}$ pound butter
4 tablespoons mustard	4 quarts White Sauce I
$\frac{1}{2}$ teaspoon cayenne	25 slices bread
	Parsley

Remove shells from eggs and cut in halves lengthwise. Take out yolks and rub them to a smooth paste, add ham, seasoning and melted butter and mix well. Form into balls and refill the whites. Place in steamer pan and reheat. Just before serving, pour over the eggs four quarts of white sauce. Garnish with toast points and parsley.

	Protein	Total
Calories in recipe	2,170	12,043
Calories in one portion	43	241

Scotch Eggs

(50 Portions)

50 hard cooked eggs	10 eggs
1 quart milk	6 teaspoons mustard
3 pounds boiled ham, minced	1 quart soft bread crumbs Cayenne

DIPPING

6 eggs	2 quarts soft bread crumbs
6 tablespoons water	$\frac{3}{4}$ quart dried bread crumbs

Heat milk in double boiler and add the bread crumbs; cook to a smooth paste, then add the ham, seasoning and beaten eggs. Stir until the mixture is well blended. Remove shells from hard cooked eggs which have been thoroughly chilled, and cover carefully with the mixture. Dip in dry crumbs, eggs and soft crumbs and fry in deep fat until they are golden brown. Serve with White Sauce I or Tomato Sauce.

	Protein	Total
Calories in recipe	3,278	11,652
Calories in one portion	66	233

ADDITIONAL RECIPES

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XI

SOUPS

Only clear soups should be served with a full dinner; cream soups and purees are so nutritious that, with bread and butter, they furnish a satisfactory luncheon.

Soups are divided into two classes: soups with stock; soups without stock.

Soups with stock have for their foundation, beef, veal, mutton, poultry, etc. They are classified as follows:

Bouillon, made from lean beef, delicately seasoned and usually cleared. Clam bouillon is never cleared.

Brown Soup Stock, made from beef (using at least two-thirds lean meat, the remainder may be bone and fat), highly seasoned with vegetables, spices and sweet herbs.

White Soup Stock, made from chicken or veal, with delicate seasonings.

Consommé, usually made from two or three kinds of meat, highly seasoned with vegetables, spices and sweet herbs. Always served clear.

Lamb Stock, delicately seasoned, is served as mutton broth.

Soup stock and clear soups contain very little

nourishment, their value is chiefly due to the soluble constituents, mineral matter and gelatin from the meat.

In calculating the food value of the soup recipes, the fuel value of meat stock has not been included.

Soups without stock are classed as cream soups. These are made of vegetables or fish, with milk and seasonings. They are always thickened.

Purees, made from vegetables and fish forced through a strainer and retained in the soup, are generally thicker than cream soups.

The thick portion of a cream soup or puree will separate from the liquid portion, when allowed to stand, unless bound together. To bind the soup, make a sauce, using fat, flour and liquid, as in making White Sauce, and combine with the other ingredients of the soup.

Soda may be used in soups made of peas and beans, to soften the casein; soda is used with tomatoes to neutralize the acid.

Crisp crackers, Croutons or Soup Sticks may be served with the soup.

Remove all fat before serving. If soup is hot, remove as much as possible with a spoon, and that remaining with unsized paper.

The following recipes are calculated to serve five portions to each quart.

Soup Stock

30 pounds bones and meat	1 cup salt
15 gallons cold water	1 tablespoon peppercorns

Clean the bones, put into large steam cooker, with the cold water and seasoning. Heat slowly and simmer six or eight hours. Drain off the stock, add one pail of cold water to the bones, stir and allow to cook one-half hour, drain again; and add this liquid to the stock. Pour into "stock pot" without removing fat and stand in refrigerator until needed. Will keep a week or more if the covering of fat remains unbroken. Remove all fat before using.

Care of Copper Cooker After Stock Is Removed

Wash upper edge of cooker, remove bones and pieces of meat; half fill with water, add one-half cup of washing soda, and boil ten minutes. Wash thoroughly with oleine soap and the soda water, using a brush. Use sand soap only when absolutely necessary, as it removes the tin from the surface. Clean the outside with weak oxalic water and whiting, rubbed on with a cloth and polished with a dry flannel.

Care of Aluminum Cooker After Stock Is Removed

Remove bones and pieces of meat. Fill with water and let soak an hour or more. Draw the water off, wash with hot soap suds (do not use washing soda). A pot brush is needed to remove the rim of dirt. Rinse and dry with a soft cloth.

Wash the outside with fresh soap suds and polish with soft cloth.

For spots that are difficult to remove use mineral wool, soap and water, and polish until surface is clean. Rinse and dry with soft cloth.

Brown Stock

Bones and brown pieces of meat left from roast beef, lamb or veal. Cover with cold water. Cook slowly six hours, strain, remove all fat, and use as foundation for Vegetable, Barley, Noodle or other soups.

Vegetable Soup Flavoring

1 bushel tomatoes	10 green peppers
1 peck okra	2 dozen ears corn
5 or 6 onions	1 cup salt

Skin tomatoes and cut in pieces. Chop onions fine; take out seeds from peppers and put them through the food chopper. Mix all ingredients together, add salt and bring to boiling point. Add corn, cut from the ears, and okra cut in small slices. Cook slowly until about as thick as jam. This recipe makes about ten quarts. Seal in jars. To each quart of any thin soup add two or three tablespoons of this flavoring.

	Protein	Total
Calories in recipe	1,432	9,370
Calories in one quart	143	937

Bouillon

(150 Portions)

Make Brown Stock, using pieces of raw meat, bones and cooked meat. Two hours before serv-

ing, add one-half cup salt, one teaspoon peppercorns, one teaspoon cloves, six bay leaves, two cups each chopped carrots, turnips and cabbage, one cup onion, one bunch parsley, to seven gallons of stock. Strain and remove all fat.

If desired perfectly clear, cool the soup and add to each gallon of stock the whites and shells of two eggs, well mixed with one cup cold water. Heat to the boiling point, stirring constantly; boil three minutes, reduce the heat, and simmer gently fifteen minutes; remove the scum as it forms. Strain through cheesecloth.

Beef Broth

8 pounds lean meat	4 quarts cold water
	1 tablespoon salt

Select meat from lower part of round, cleanse, remove all fat, and pass meat through food chopper. Cover with the cold water and stand one hour in a cold place; put saucepan over warm water and cook slowly until it becomes a reddish-brown color (167° F.), stirring frequently. Strain through a coarse sieve, add salt and chill. When cold, remove fat. To reheat the broth, pour into a saucepan surrounded by hot water, stir constantly until hot. Do not allow the water to boil, as this will toughen the albumen. To make the broth more nutritious, add the white of one egg to each cup of broth. This broth is intended especially for invalids.

Chicken Broth

8 pounds fowl	4 quarts cold water
	1 tablespoon salt

Weigh, singe, clean thoroughly, and disjoint the fowls; remove meat from bones, discarding all fat; grind the meat; chop the bones. Put all into a saucepan, add the water, and stand in a cold place one hour; cook over hot water six or eight hours; strain and season. When cold, remove the fat and serve as ordered. This broth is intended especially for invalids.

Turkey Soup

(150 Portions)

After carving roast turkey, remove pieces of white meat and the stuffing from eight or nine turkeys, break the bones, put into the stock kettle with leaves, roots, outside pieces of celery, and uncooked ends of the wings removed before roasting; cover with about six gallons of cold water, simmer slowly five or six hours. If allowed to boil, the soup will become clouded and lose the delicate poultry flavor.

Strain, remove fat, season with three-fourths of a cup of salt, one-half teaspoon pepper, one-half teaspoon onion juice, and celery salt, if desired. Add the white meat cut in one-half inch pieces and one and one-half cups boiled rice.

This soup may be used as a white stock in making any cream soup.

Chicken Soup

Make as Turkey Soup. The flavor may be varied by adding two quarts of stewed tomato before serving.

Cream of Chicken Soup I

(150 Portions)

12 quarts White Sauce I	20 quarts chicken stock
	1½ tablespoons celery salt
¾ cup salt	} If stock has not been seasoned
2 teaspoons pepper	

In making the white sauce, use fat from stewed chicken instead of butter, as it gives a richer chicken flavor.

	Protein	Total
Calories in recipe	1,299	14,404
Calories in one portion	9	96

Cream of Chicken Soup II

(150 Portions)

Make same as Cream of Chicken Soup I. Add
 1 quart chicken meat 2 cups rice
 Chopped Parsley

Cook until rice is soft.

	Protein	Total
Calories in recipe	1,721	16,244
Calories in one portion	11	108

Cream of Salmon Soup

(150 Portions)

10 quarts White Sauce I	9 quarts white soup stock
4 quarts cooked salmon	½ cup salt
7 quarts hot water	½ teaspoon pepper
	3 tablespoons chopped parsley

Soften the salmon in hot water; press through a coarse sieve; add the white sauce, soup stock, and seasoning.

	Protein	Total
Calories in recipe	1,052	19,115
Calories in one portion	7	127

Oyster Soup

(150 Portions)

450 oysters	1 ¼ pounds flour
10 quarts water	½ bunch parsley, chopped
1 pound butter	Seasoning to taste
	20 quarts milk

Heat milk in double boiler, add flour, mixed to a smooth paste with cold water, and cook thirty minutes. Put oysters through food chopper, add strained juice and water, and heat thoroughly. Add butter and thickened milk, season to taste and serve at once.

	Protein	Total
Calories in recipe	4,917	22,632
Calories in one portion	33	151

Cream of Oyster Soup

(150 Portions)

10 quarts White Sauce I	2 quarts cooked oysters
5 quarts oyster juice	12 quarts soup stock

Heat the oyster juice and strain, chop oysters, add to the white sauce and stock. Season to taste.

	Protein	Total
Calories in recipe	1,530	12,976
Calories in one portion	10	87

Clam Chowder

(150 Portions)

150 clams	1 pound flour
1½ quarts clam juice	2 ounces salt
3 quarts diced potatoes	Cayenne
4 onions, chopped fine	Parsley
¾ pound butterine	20 quarts milk
	Water to make 30 quarts

Heat milk in double boiler, add flour, mixed to a smooth paste with cold water, and cook thirty minutes or longer. Pick over clams, strain juice. Put clams through food chopper and heat all together in a double boiler. Melt butterine, add finely chopped onions, cook until light brown and pour into saucepan. Add potatoes, cover with boiling water and cook until potatoes are tender. Add clams and juice, thickened milk, seasoning, parsley, and more water, if necessary. Blend thoroughly and serve at once.

	Protein	Total
Calories in recipe	3,628	20,519
Calories in one portion.....	24	137

Noodle Soup

(150 Portions)

20 quarts rich soup stock	2 carrots, grated
12 quarts water	2 large potatoes, cooked
2 No. 3 cans tomatoes	and mashed
2 stalks celery	Seasoning

Cook vegetables in stock and water until tender. Add noodles and cook ten minutes. Season and serve.

NOODLES

4 eggs 1 pound flour

Beat eggs slightly and add flour to make a stiff dough. Roll out very thin and allow to dry at least one hour, or until dough will cut easily. Roll sheets like jelly roll and cut in thin slices cross-wise. Shake to unfold.

	Protein	Total
Calories in recipe	623	3,529
Calories in one portion	4	24

Barley Soup

(150 Portions)

7 gallons brown soup stock 1 cup salt
 1½ pounds pearl barley 1 teaspoon pepper
 2 tablespoons celery salt

Pick over and remove foreign substances from the barley, soak over night in cold water. Cook in double boiler until tender (about four hours), add to the stock, season and serve.

	Protein	Total
Calories in recipe	231	2,415
Calories in one portion	2	16

Scotch Broth

(150 Portions)

30 quarts mutton stock	1½ pounds flour
1½ pounds barley	½ pound butterine
6 small onions	1 cup parsley
1½ quarts diced carrots	Salt
1½ quarts diced turnips	Pepper

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Soak barley over night in cold water. Heat stock, add barley and simmer one and one-half hours. Fry onions, carrots and turnips in the butterine for five minutes, add to the soup with salt and pepper to taste, and cook until vegetables are tender. Moisten the flour with a little cold water and add to the soup, if more thickening is desired. Add parsley just before serving.

	Protein	Total
Calories in recipe	449	5,853
Calories in one portion	3	39

Rice Soup

(150 Portions)

3 knuckles veal	12 quarts milk
18 quarts cold water	Juice of 6 onions
3 bunches pot herbs	¾ cup salt
2½ pounds rice	1 tablespoon pepper
8 quarts boiling water	¾ cup chopped parsley
	3 stalks celery

Make soup stock of veal, cold water, celery, and pot herbs. There should be twelve quarts. Cook rice in the boiling water and add veal stock, hot milk, onion juice, parsley, and seasoning.

	Protein	Total
Calories in recipe	1,833	11,524
Calories in one portion.....	12	77

Turkish Soup

(150 Portions)

3 No. 10 cans tomato stock	½ tablespoon peppercorns
3 gallons water	½ tablespoon thyme
3 small onions	1½ pounds rice
1½ bay leaves	9 quarts boiling water
1 teaspoon soda	4 ounces salt
½ tablespoon whole cloves	2 teaspoons pepper

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Cook the tomato stock, water, onions, bay leaves, cloves, peppercorns, and thyme together about one-half hour, strain and add the soda. Boil the rice until tender, add rice and water in which it was cooked to the tomato mixture. Season to taste with salt and pepper and serve.

	Protein	Total
Calories in recipe	652	4,469
Calories in one portion	4	30

Vegetable Soup I

(150 Portions)

5 quarts carrots	1 tablespoon peppercorns
5 quarts turnips	1 tablespoon whole cloves
1 head cabbage	2 teaspoons thyme
3 No. 10 cans tomatoes	1½ cups salt
4 quarts celery	1 tablespoon celery salt
10 quarts potatoes	½ teaspoon pepper
12 onions	40 quarts water

Wash, pare and cut vegetables by passing through food chopper, cover with boiling water, add spices, seasoning and remainder of water. Cook until vegetables are soft and well blended through soup. Soup stock may be used in place of part of the water.

	Protein	Total
Calories in recipe	1,476	11,159
Calories in one portion	10	74

Vegetable Soup II

(150 Portions)

7 gallons soup stock	2 quarts cooked tomatoes
1 cup rice	1 pint cooked peas or beans
½ cup noodles	1 pint cooked corn, cut from
½ cup vermicelli	the cob, or canned

Cook rice, noodles and vermicelli together in double boiler and add to soup stock.

Other vegetables may be substituted if desired.

	Protein	Total
Calories in recipe	381	2,639
Calories in one portion	3	18

Vegetable Soup III

(150 Portions)

25 quarts soup stock	$\frac{1}{2}$ cup salt
1 pound rice	1 teaspoon pepper
5 quarts Vegetable Flavoring	$\frac{1}{2}$ pound flour

Cook rice in the stock until tender; add vegetable flavoring and seasoning. Bind together with the flour.

	Protein	Total
Calories in recipe	961	7,078
Calories in one portion	6	47

Asparagus Soup

(150 Portions)

6 No. 10 cans asparagus	$2\frac{1}{2}$ pounds flour
15 quarts water or stock	18 quarts hot milk
6 small onions	$\frac{3}{4}$ cup salt
3 pounds butterine	6 teaspoons pepper

Drain and rinse asparagus, reserve tips and cover stalks with the water or stock. Add the onions cut in slices, and simmer for one-half hour. Make sauce of butterine, flour and hot milk. When thoroughly cooked, add the asparagus stock, pressed through a puree strainer and the seasoning. Serve at once.

	Protein	Total
Calories in recipe	3,671	30,688
Calories in one portion	24	205

Bean Soup I

(150 Portions)

5 gallons soup stock	$\frac{1}{4}$ pound flour
2 gallons milk	$\frac{1}{2}$ pound butter
3 pounds dried beans	$\frac{1}{2}$ cup salt
2 tablespoons Worcestershire sauce	$\frac{1}{4}$ teaspoon pepper

Pick over and wash the beans, soak in cold water overnight. Drain, do not use the water in which the beans have soaked as it gives a bitter taste. Bring to the boiling point in fresh water and cook several hours until they are tender. Press through a sieve. Make a sauce of the butter, flour, seasoning and milk, mix with the strained beans, add to the stock and bring to the boiling point, and serve.

	Protein	Total
Calories in recipe	2,242	11,861
Calories in one portion	15	79

Bean Soup II

(150 Portions)

3 quarts dried beans	$\frac{1}{3}$ cup salt
2 small onions	$\frac{3}{4}$ cup flour
1 No. 10 can tomatoes	2 $\frac{1}{2}$ quarts milk
Water to make 8 gallons	

Soak beans over night in enough water to cover them. Drain, cover with fresh water, add toma-

toes, onions, chopped fine, and salt; cook until beans are very tender. Heat milk in double boiler, add flour, mixed to a smooth paste with water, and cook thirty minutes or longer. Add to beans, with enough hot water to make the soup of proper consistency. Season to taste and serve.

	Protein	Total
Calories in recipe.....	2,935	11,978
Calories in one portion.....	19	80

Bean Soup III

(150 Portions)

4 quarts soup beans	1 pound flour
6 onions	1 quart water
1½ No. 10 cans tomatoes	1¼ cups salt
1½ gallons ham stock	Water to make 8 gallons

Make as Bean Soup II, using ham stock instead of milk.

	Protein	Total
Calories in recipe	3,687	15,188
Calories in one portion	25	101

Cream of Lima Bean Soup

(150 Portions)

9 quarts White Sauce I	18 quarts stock
3 quarts cooked lima beans	½ cup salt
	¼ teaspoon pepper

Heat beans in the stock, mash and strain, add seasoning and white sauce. Reheat and serve.

	Protein	Total
Calories in recipe	1,382	12,903
Calories in one portion	9	86

Cream of String Bean Soup

(150 Portions)

9 quarts White Sauce I	2 quarts string beans, cut
18 quarts stock	fine
$\frac{1}{4}$ teaspoon pepper	}
$\frac{1}{2}$ cup salt	If stock hae not been seasoned

Make white sauce; add stock. Just before serving, add the finely chopped beans. Season to taste.

	Protein	Total
Calories in recipe	1,051	11,275
Calories in one portion	7	75

Cream of Celery Soup

(150 Portions)

14 quarts celery	$\frac{1}{2}$ cup salt
12 quarts meat stock	1 teaspoon pepper
12 quarts milk	2 pounds flour
4 large onions	2 pounds butterine

Cook celery in the stock until very tender, then press through a strainer. Melt butterine, add chopped onion, and stir until brown. Remove onion, add flour, seasoning, and strained celery stock to make white sauce. Add hot milk and more seasoning, if necessary. Serve at once.

	Protein	Total
Calories in recipe	2,141	20,231
Calories in one portion	14	135

Corn Chowder

(150 Portions)

2 No. 10 cans corn	1 pound flour
4 quarts diced potatoes	3 ounces salt
3 onions chopped fine	Cayenne
$\frac{1}{4}$ pound butterine	1 bunch parsley
14 quarts milk	Water to make 30 quarts

Heat corn in double boiler with one-half the milk. Make White Sauce of butterine, flour, and remainder of the milk; cook in double boiler one-half hour. Cover potatoes and onions with boiling water and cook gently until tender. Add white sauce, seasonings, parsley, and corn mixture. Blend carefully and serve.

	Protein	Total
Calories in recipe	2,787	21,582
Calories in one portion	19	144

Cream of Pea Soup

(150 Portions)

5 No. 10 cans peas	1½ pounds flour
1 onion	10 quarts milk
¼ pound sugar	¾ cup salt
5 gallons boiling water	¼ teaspoon pepper
1 pound butterine	⅛ teaspoon cayenne

Drain and rinse peas. Add onion, sugar and boiling water and cook until peas are very soft. Rub through strainer. Make White Sauce of butterine, flour and milk. Add to strained peas. Season and serve.

	Protein	Total
Calories in recipe	3,728	21,434
Calories in one portion	25	143

Split Pea Soup I

(150 Portions)

2½ quarts split peas	¾ pound butterine
25 quarts water	1½ cups flour
5 quarts milk	¾ cup salt
5 onions	1¼ teaspoons pepper
	1 ham bone

Pick over and wash peas and soak in cold water over night. Add ham bone and cook in double boiler in water in which they were soaked; add salt and cook four or five hours, or until peas dissolve. Press through fine sieve with potato masher; all should pass through if properly cooked. Make a White Sauce of butter, flour, seasoning and milk; add this gradually to the strained peas and bring to the boiling point. Add more seasoning, if necessary, and serve at once.

	Protein	Total
Calories in recipe	2,387	13,051
Calories in one portion	16	87

Split Pea Soup II

(150 Portions)

5½ gallons soup stock	2 cups flour
5 pounds split peas	3 tablespoons salt
2 gallons water	¼ teaspoon pepper
½ pound butter	1 tablespoon celery salt

Pick over and wash peas; soak in cold water over night. Cook in double boiler or in a fireless cooker several hours, using the water in which they were soaked. Make sauce of butter, flour, seasoning and stock. Add to the cooked peas and serve.

	Protein	Total
Calories in recipe	2,343	10,606
Calories in one portion	16	71

Pea and Potato Soup

(150 Portions)

6½ pounds pared potatoes	12 quarts milk
16 quarts water	2 onions, chopped
3 No. 10 cans peas	1 tablespoon thyme
	1¼ pounds flour

Drain and rinse peas. Put uncooked potatoes through food chopper, add water and cook until soft. Add peas, milk, chopped onion and thyme to potatoes and cook at least twenty minutes. Thicken with flour mixed to a smooth paste with cold water.

	Protein	Total
Calories in recipe	3,280	17,154
Calories in one portion	22	114

Cream of Potato Soup I

(150 Portions)

9 quarts White Sauce I	½ cup salt
15 quarts stock	¼ teaspoon pepper
2 quarts mashed potatoes	1 tablespoon celery salt
	1 teaspoon onion juice

Make white sauce; add it gradually to the mashed potatoes, stirring until perfectly smooth; add the soup stock and seasoning.

	Protein	Total
Calories in recipe	1,106	12,315
Calories in one portion	7	82

Cream of Potato Soup II

(150 Portions)

10 pounds pared potatoes	2 gallons milk
4 gallons boiling water	2 onions, chopped
$\frac{1}{2}$ cup salt (for cooking potatoes)	Salt
1 pound butterine	Pepper
1 pound flour	Parsley

Put uncooked potatoes through food chopper. Cook in boiling, salted water until very soft. Brown onion in butterine, add flour and milk to make White Sauce. Mix sauce and potatoes and add enough water to make seven and one-half gallons. Season and add chopped parsley.

	Protein	Total
Calories in recipe	1,587	13,872
Calories in one portion	11	92

Cream of Spinach Soup

(150 Portions)

9 quarts White Sauce I	$\frac{1}{2}$ cup salt (if stock has not been seasoned)
1 No. 10 can spinach	
18 quarts soup stock	$\frac{1}{4}$ teaspoon pepper

Make white sauce, add stock; just before serving mix with the spinach, which has been heated and strained.

	Protein	Total
Calories in recipe	1,247	11,654
Calories in one portion	8	78

Tomato Soup

(150 Portions)

5 No. 10 cans tomato puree	2½ pounds flour
7 gallons soup stock	⅓ cup sugar
½ pound butterine	½ teaspoon pepper
8 onions	½ cup salt
1½ quarts diced celery	¼ teaspoon cayenne
2 tablespoons peppercorns	1½ teaspoons allspice
2 dozen bay leaves	1½ teaspoons ground cloves
3 teaspoons soda	1 bunch parsley

Cook onions in butterine five minutes. Add tomato, browned onion, celery, peppercorns and bay leaves to stock and cook thirty minutes. Strain and add soda. Make thin paste of flour and cold water and add to soup, stirring until it thickens. Add sugar and seasoning and serve.

	Protein	Total
Calories in recipe	1,280	19,550
Calories in one portion	8	130

Cream of Tomato Soup I

(150 Portions)

3 No. 10 cans tomatoes	1 teaspoon soda
1 onion	4 gallons soup stock
¼ cup salt	9 quarts White Sauce I

Cook tomatoes, salt and onion together until soft; press through strainer, rejecting only the seeds; add soda and stock. Mix with the white sauce just before serving.

	Protein	Total
Calories in recipe	1,374	12,836
Calories in one portion	9	86

Cream of Tomato Soup II

(150 Portions)

3 No. 10 cans tomato stock	2½ pounds butterine
9 quarts water	2 pounds flour
½ ounce soda	6 ounces salt
16 quarts milk	1 tablespoon pepper

Add water to tomato stock and heat to boiling point; add soda and keep hot. Make White Sauce of butterine, flour, seasoning and hot milk. Blend tomato stock with white sauce just before serving.

	Protein	Total
Calories in recipe	2,746	25,468
Calories in one portion	18	170

ADDITIONAL RECIPES

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XII

OYSTERS

General Rules

Oysters are in season from the first of September to the first of May; they may be obtained during the summer months, but are of poor flavor.

When raw oysters are served, use a small variety.

Prepare oysters by pouring cold water over them in a colander; remove pieces of shell; strain the juice through a cloth.

Oysters require little cooking and should not be cooked at a high temperature, as this will cause them to become tough.

Raw Oysters

Blue Points or other small oysters should be used. Allow six oysters to each person. The shells should be scrupulously clean, and the oysters served on the deep shell. Arrange on a bed of crushed ice with valve end of shell toward the center of plate, and garnish with lemon and parsley.

	Protein	Total
Calories in 6 raw oysters....	15	31

Creamed Oysters

(150 Portions)

3 gallons oysters	1 $\frac{1}{4}$ pounds flour
7 quarts hot milk	$\frac{1}{2}$ cup salt
5 quarts oyster juice	$\frac{1}{3}$ teaspoon pepper
1 $\frac{1}{2}$ pounds butter	$\frac{1}{2}$ teaspoon ground mace

Drain liquid from oysters; rinse with cold water; remove pieces of shell. Heat and strain juice to remove scum. Heat oysters until edges curl and they become plump; stir frequently while heating.

Make White Sauce of the flour, butter, salt, pepper, mace, milk and oyster juice. Add cooked oysters to the sauce, and keep hot in a double boiler.

	Protein	Total
Calories in recipe	3,820	17,127
Calories in one portion	25	114

Oyster Fricassee

(150 Portions)

3 gallons or 600 oysters	2 pounds butterine
2 pounds butter	2 pounds flour
3 tablespoons salt	2 gallons milk
Cayenne	Oyster juice
	150 slices toast

Melt butter, add seasoning and strained oysters. Cook until the edges curl, and keep hot in double boiler. Make thick White Sauce of butterine, flour and hot milk; add oysters and enough juice to make sauce of creamy consistency. Add more

seasoning if desired, and serve on squares of toast; four oysters to each portion.

	Protein	Total
Calories in recipe	5,665	38,088
Calories in one portion	38	254

Panned Oysters

(150 Portions)

6 gallons oysters 2 pounds butter

Drain and cleanse the oysters. Heat one-fourth cup butter in frying pan, add about one quart of the oysters; sprinkle with salt and pepper. Cook, stirring all the time, until the edges curl and body becomes plump. Pour into double boiler to keep hot until served; do not allow water in the outer part of double boiler to boil, as this will toughen oysters.

Repeat method until all are cooked. Serve on toast.

Oyster juice and oysters left from panned oysters may be used the following day to make Cream of Oyster Soup.

	Protein	Total
Calories in recipe	6,958	28,534
Calories in one portion	46	190

Scalloped Oysters

(150 Portions)

5 gallons oysters 4 quarts oyster juice
20 quarts seasoned buttered crumbs

Prepare oysters as for Creamed Oysters. Prepare crumbs as for Poultry Dressing, omitting poultry seasoning. Place in each of eight baking dishes a layer of crumbs, cover with a layer of oysters, then another layer of crumbs and oysters; pour over this about one pint of oyster juice and cover all with crumbs.

Bake in hot ovens one-half hour.

	Protein	Total
Calories in recipe	6,235	29,620
Calories in one portion	42	197

Fried Oysters

(150 Portions)

5 gallons prime oysters	Fine bread crumbs	
4½ dozen eggs mixed with	2 teaspoons salt	{ To each quart
3 cups cold water	¼ teaspoon pepper	of crumbs

Clean and drain oysters; dip in seasoned crumbs, egg and again in crumbs; cook in deep fat; drain on paper.

	Protein	Total
Calories in recipe	7,390	22,639
Calories in one portion	49	151

Oyster Pie

(150 Portions)

3 gallons or 600 oysters	8 quarts diced potatoes
16 quarts White Sauce I	

PASTRY COVERS

10 pounds flour	2 teaspoons baking powder
5 pounds fat	Salt
	Water

OYSTERS

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Prepare oysters as for Creamed Oysters. Cook potatoes and add oysters and potatoes to white sauce. Fill individual baking dishes. Make pastry covers as Baking Powder Biscuit, roll and cut to fit dishes. Bake in hot oven until covers are well browned.

	Protein	Total
Calories in recipe	6,862	64,916
Calories in one portion	46	433

ADDITIONAL RECIPES

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XIII

FISH

General Rules

Fish must be perfectly fresh and should be kept in a cold place until cooked. Do not put in refrigerator with other food on account of odor; keep an ice-box especially for fish. The flesh should be firm and the eyes bright and not sunken.

Frozen fish may be kept for a long time, but must be used at once when thawed, as it spoils more quickly than fresh fish. Thaw frozen fish in cold water.

The inside and outside of fish should be thoroughly cleansed with a cloth wet with salt water; the head, tail, fins and organs should be removed. White fish which are dry should have butter rubbed over them before broiling.

When fish is cooked, the flakes or flesh separates from the bones. It should be served hot, with sauce, or garnished with lemon, hard-cooked eggs, or parsley.

Cold cooked fish may be used in various ways, as Creamed, Scalloped, etc.

Boiled Fish

(150 Portions)

60 pounds haddock	10 quarts Egg Sauce I
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Remove fins from fish and wash thoroughly. Cut into pieces and place on the rack in a fish kettle one-half full of boiling, salted water; boil five minutes, then reduce the temperature and simmer until the flakes of fish separate from the bones. The length of time depends upon the size of the pieces of fish, varying from eight to fifteen minutes for each pound. Remove from water at once and serve with the egg sauce.

	Protein	Total
Calories in recipe	10,693	23,569
Calories in one portion	71	157

Steamed Halibut

(50 Portions)

15 pounds halibut 2½ quarts Egg Sauce I

Clean halibut and cut into slices two inches thick. Place in shallow enamel pans, put into vegetable steamer and cook until the flakes of fish separate from the bones. Serve with sauce.

	Protein	Total
Calories in recipe	4,551	10,332
Calories in one portion	91	207

Halibut à la Poulette

(50 Portions)

15 pounds halibut	1 teaspoon pepper
1 pound butterine	½ cup lemon juice
1 tablespoon salt	1 tablespoon onion juice

SAUCE

3 quarts white stock	2 quarts milk
1 small onion, chopped	1 pound butterine
1 small carrot, chopped	$\frac{3}{4}$ pound flour
2 bay leaves	1 tablespoon salt
1 tablespoon peppercorns	$\frac{1}{2}$ teaspoon paprika
	$\frac{1}{4}$ cup parsley

Clean slices of halibut and divide into cutlets. Dip each piece of fish into the melted butter to which the seasoning, lemon juice and onion juice have been added. Place close together in baking dishes and dredge with flour. Bake in a hot oven from twenty to thirty minutes.

For Sauce: Cook onion, carrot, bay leaves and peppercorns in stock about twenty minutes. Strain, add to heated milk and use with remaining ingredients to make White Sauce. Add parsley and serve over the fish.

	Protein	Total
Calories in recipe	4,468	16,233
Calories in one portion	89	325

Broiled Fish

(150 Portions)

60 pounds bluefish	1 pound butter
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Clean fish and split down the back; remove backbone. Sprinkle with salt and pepper and place in well-greased wire broiler, with the thick portion of the fish near the hinge. Thick fish should broil slowly over a moderately hot fire; if thin, a quick fire is better. Broil first on the flesh side, then turn and broil on skin side.

To remove fish, loosen from the broiler on both sides, by lifting the wires slowly, then turn the fish on a hot platter or the pan of steam table. Spread with melted butter.

Shad and bluefish are most frequently cooked in this way.

	Protein	Total
Calories in recipe	10,905	15,848
Calories in one portion	73	106

Sautéed Fish

(150 Portions)

60 pounds trout 4 pounds bacon fat

Prepare fish as for broiling. Season each piece with salt and pepper; cover with sifted bread-crumbs. Cover the bottom of pan with bacon or ham fat; when hot, put in the fish with the flesh side down, turn and brown on skin side. Serve with skin down.

Any small fish may be cooked in this way, and the large ones may be cut in slices or steaks, then sauted.

	Protein	Total
Calories in recipe	9,907	36,132
Calories in one portion.....	66	241

Baked Haddock

(150 Portions)

60 pounds haddock 10 quarts Tomato Sauce

Prepare haddock and stuff as shad; bake one and one-half hours. Serve with tomato sauce.

	Protein	Total
Calories in recipe	11,746	44,823
Calories in one portion	78	299

Baked Shad

(150 Portions)

60 pounds shad	$1\frac{1}{2}$ teaspoons pepper
3 pounds bacon	$1\frac{1}{2}$ cups chopped cucumber
24 quarts Buttered Crumbs	pickle
$\frac{1}{4}$ cup salt	

Have the head, scales and organs removed from shad; wash thoroughly and dry inside. Fill body with buttered crumbs to which pickle and seasoning have been added, fasten the sides together with skewers. Cut gashes in one side of the shad about one and one-half inches apart and place in each incision a strip of bacon. Place fish on racks in baking pans, sprinkle with salt, pepper and flour; cover the bottom of pan with water and place in hot oven. Bake one and one-half hours; baste every fifteen minutes, but do not turn the shad while baking. Serve with Egg Sauce II. After fish are filled, place the remaining dressing in a baking dish, baste with water from the fish pan, and bake twenty minutes. Serve with the shad.

Shad are in season from February to June.

	Protein	Total
Calories in recipe	12,830	54,362
Calories in one portion	86	362

Baked Salmon

(150 Portions)

60 pounds fresh salmon	10 quarts Egg Sauce II
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Prepare salmon, stuff, and bake as Shad, allow-

ing two hours if the fish is very thick. Serve with sauce.

	Protein	Total
Calories in recipe	19,646	74,398
Calories in one portion	131	496

Scalloped Salmon

(150 Portions)

Remove oil and large bones from the salmon; break it into small pieces. Prepare buttered crumbs as for Scalloped Oysters and arrange the dishes in the same way, using milk instead of oyster juice. Bake until thoroughly heated and a golden brown.

	Protein	Total
Calories in recipe	10,980	35,810
Calories in one portion	73	239

Creamed Salmon

(150 Portions)

24 one-pound cans salmon 9 quarts White Sauce I

Prepare salmon as for Scalloped Salmon; place in large mixing basin, cover tightly, and heat in steamer. Mix with white sauce and serve in vegetable dishes.

	Protein	Total
Calories in recipe	9,438	26,643
Calories in one portion	63	178

Salmon Cutlets

(50 Cutlets)

6 cans salmon	2 tablespoons salt
6 ounces butterine	1/3 teaspoon cayenne
1/2 pound flour	1/2 cup parsley
1 1/4 quarts milk	Juice 4 lemons

DIPPING

5 eggs	5 tablespoons water
	3 quarts dried crumbs

Drain salmon, pick to pieces, and remove bones. Make thick White Sauce of butterine, flour and hot milk. Add to seasoned salmon; mix well and spread on platters to cool. When quite cold, shape into cutlets, dip in egg and crumbs, and fry in deep fat. Serve with Tomato Sauce.

	Protein	Total
Calories in recipe	3,056	10,868
Calories in one portion	61	217

Scalloped Fish

(150 Portions)

16 pounds canned codfish	3/4 pound flour
5 quarts milk	1/3 cup salt
5 quarts water	1 teaspoon pepper
3/4 pound butterine	5 quarts Buttered Crumbs

Make White Sauce of butterine, flour, milk and water, add seasoning and mix with the fish. Pour into baking pans, cover with seasoned buttered crumbs, and bake until crumbs are brown. Cold flaked fish of any kind may be used.

	Protein	Total
Calories in recipe	4,423	15,375
Calories in one portion	29	103

Fish Omelet

(150 Portions)

12 pounds flaked fish	$\frac{1}{2}$ cup salt
24 pounds pared potatoes	2 teaspoons pepper
1 dozen eggs	$\frac{1}{2}$ pound butterine
	5 quarts milk

Boil and mash potatoes; mix with the fish and add beaten eggs, seasoning, melted butterine and milk. Beat thoroughly and pour into greased baking pans or steamer pans. Bake until heated through and brown on top.

If salt codfish is used, very little additional salt may be needed.

Serve plain, or with Creole Sauce.

	Protein	Total
Calories in recipe	6,701	21,194
Calories in one portion	45	141

Codfish à la Creme

(150 Portions)

11 one-pound cans codfish	3 tablespoons salt
20 pounds potatoes	1 teaspoon pepper
10 quarts White Sauce I	$\frac{1}{4}$ teaspoon nutmeg
6 yolks eggs	5 quarts Buttered Crumbs

Make white sauce and pour over the beaten yolks of eggs. Add flaked fish, potatoes, which have been boiled and diced, and seasoning to taste. Pour into greased baking dishes, cover with buttered crumbs and bake until crumbs are brown.

	Protein	Total
Calories in recipe	7,730	29,230
Calories in one portion	52	195

Codfish Balls

(300 Balls)

10 pounds salt codfish	15 eggs
20 pounds raw potatoes	1 quart milk
½ cup butter	1 teaspoon pepper

Soak fish in warm water one hour or longer, according to hardness; if very salty, change the water while soaking. Pick into pieces and remove all bones and tough skin. Pare potatoes and cut in one-inch cubes. Mix codfish and potatoes, put into steamer basket and steam until potatoes are soft. Drain and put through food chopper. Heat milk and butter together, pour over the beaten eggs; mix with mashed fish and potato, add pepper and salt if necessary. Cool, form into balls with flour or dried bread crumbs. Fry in hot fat and drain on paper.

	Protein	Total
Calories in recipe	5,892	14,798
Calories in one portion	20	49

Salmon and Peas

(150 Portions)

13 pounds canned or fresh salmon	2 No. 10 cans peas
7 quarts White Sauce I	¼ cup salt 1½ teaspoons pepper 4 quarts Buttered Crumbs

Remove bones and skin from salmon and mix with white sauce. Drain and rinse peas; heat and add to salmon. Season to taste. Place in but-

tered baking dishes, cover with buttered crumbs and bake until crumbs are brown.

	Protein	Total
Calories in recipe	6,589	25,712
Calories in one portion	44	171

Scalloped Tuna Fish

(50 Portions)

3 1/4 pounds tuna fish	4 quarts White Sauce I
2 quarts diced potatoes	1/2 teaspoon pepper
1 pint diced celery	3 tablespoons salt
2 pimentoes, chopped fine	1 1/2 quarts Buttered Crumbs

Cook potatoes and celery in boiling, salted water until tender. Cut the tuna fish into dice and arrange alternate layers of fish, potatoes, celery and sauce in buttered baking dishes. Seasoning and chopped pimento may be added to the sauce. Cover with buttered crumbs and bake in a moderately hot oven until heated through.

	Protein	Total
Calories in recipe	1,877	11,036
Calories in one portion	38	220

Tuna Fish à la King

(50 Portions)

6 1/2 pounds tuna fish (8 cans)	1 quart water
1/2 pound butterine	2 tablespoons salt
2 1/2 cups flour	1/4 teaspoon pepper
3 quarts milk	9 hard cooked eggs
	3 sweet peppers

Separate fish into pieces for serving and heat in double boiler. Make White Sauce of butterine,

flour, milk and seasoning. Chop the eggs and peppers and add to sauce. When ready to serve pour sauce over the fish. Care should be taken not to break fish when serving.

	Protein	Total
Calories in recipe	880	6,403
Calories in one portion.....	18	128

Scalloped Crabs

(150 Portions)

5 gallons crab meat	5 quarts milk
	12 quarts Buttered Crumbs

Prepare as Scalloped Salmon.

It is essential that crab meat be absolutely fresh.

	Protein	Total
Calories in recipe	7,634	18,484
Calories in one portion.....	51	123

Deviled Crabs

(50 Portions)

4 quarts crab meat	Cayenne
$\frac{1}{4}$ cup salt	5 eggs
2 teaspoons pepper	$\frac{3}{4}$ pound butter
1 $\frac{1}{2}$ tablespoons mustard	$\frac{3}{4}$ pound flour
1 tablespoon Worcester- shire sauce	4 quarts milk
	2 quarts Buttered Crumbs

Add seasoning and slightly beaten eggs to the crab meat. Make White Sauce of butter, flour and milk, and add to the seasoned meat. Mix well;

fill individual baking dishes; cover with seasoned buttered crumbs, and brown in a moderate oven.

	Protein	Total
Calories in recipe	2,144	10,372
Calories in one portion.....	43	207

Creamed Lobster

(50 Portions)

8 pounds lobster meat 3 quarts White Sauce I

Prepare in same way as Creamed Salmon.

	Protein	Total
Calories in recipe	2,696	6,625
Calories in one portion.....	54	132

ADDITIONAL RECIPES

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XIV

POULTRY

To Select Poultry

A young chicken has many pinfeathers on the body, the skin is smooth, clear and tender, the feet soft, an inch or more of cartilage at the end of the breastbone. When chicken becomes a year old, it is called fowl. The body then has many hairs, the skin is thick and yellow, owing to the layer of fat which forms under the skin as the fowl grows older. The scales on legs and feet become coarse and the spurs long; cartilage at the end of breastbone hardens and is very firm.

There is a larger amount of meat in proportion to the bone in a fowl than in chicken, hence the advantage of selecting fowl to stew, fricassee, and serve cold.

To Dress and Clean Poultry

Singe by holding the chicken over a flame from gas, alcohol, or burning paper.

Cut off the head, turn back the skin, and cut the neck off quite close; take out windpipe and crop, cutting off close to body. Cut through the skin around the leg one inch below the leg joint.

Take out the tendons and break the leg at the joint; in old birds each tendon must be removed separately by using a skewer.

Remove pinfeathers with the point of a knife. Remove oil bag from the tail.

The internal organs are not always removed before the chicken is sold. If they have not been removed, make an opening under one of the legs, or at the vent, and remove them carefully, leaving a strip of skin above the vent. The intestines, gizzard, heart and liver should all be removed together; care must be taken that the gall-bladder, which lies under the liver, be not broken; it must be carefully cut away from the liver. The lungs and kidneys lying in the hollows of the backbone must be carefully removed. Press the heart to extract any blood. Take off outer coat of gizzard. The gizzard, heart and liver constitute the giblets. Wash the giblets, put heart, gizzard, neck and tips of wings into cold water, heat quickly and simmer until tender. As liver requires shorter cooking than the other giblets, it should be added and cooked with them the last half hour.

Roast Turkey

(150 Portions)

75 pounds turkey, dressed 12 quarts Poultry Dressing

Singe, remove all feathers and oil gland, also any organs that may remain in the turkey; wash. Cut off two sections of the wings and reserve

these for soup. Fill body of turkeys with poultry dressing; close the opening with skewer; tie legs to tail with twine. Dredge with flour, salt, and pepper; place on rack in roasting pans, breast downward, cover bottom of pan with water, place in hot oven and roast three hours, basting every twenty minutes. When brown, turn and brown the breast; reduce the temperature the last hour.

Serve with Giblet Sauce.

	Protein	Total
Calories in recipe	29,753	111,126
Calories in one portion.....	198	741

Roast Chicken

(150 Portions)

75 pounds chicken, dressed 12 quarts Poultry Dressing

Prepare, stuff, and cook as Roast Turkey. Two hours will be required to roast an oven full of chickens.

Serve with Roast Chicken Gravy or Giblet Sauce.

	Protein	Total
Calories in recipe	27,302	88,476
Calories in one portion.....	182	589

To Carve Turkey and Chicken

For carving use a very sharp carving knife, two carving forks and two hot platters. Place bird on back with legs at right of platter. Introduce carving fork across breastbone, hold firmly in left hand; with carving knife in right hand, cut

through skin between leg and body. With knife pull the leg forward and disjoint from body; cut off wing. Remove leg and wing from other side without moving fork or changing position of bird. Carve breast meat in thin slices, beginning near the point of breast bone and cutting toward the wing joint. Turn bird to one side, remove slice of white meat from back, over the ribs, the flat oyster-shaped piece of dark meat which lies in the hollow of the back, and the portion of dark meat from the hip bone. Separate second joint from drumstick, cut meat from drumsticks, making several pieces, and cut second joint in two pieces. Serve a portion of white, dark meat, and dressing on each plate, unless a choice of pieces is expressed.

Smothered Chicken

(150 Portions)

75 broiling chickens	Salt
1 pound butter	Pepper

Clean, cut down the back, remove organs and breastbone, wash. Sprinkle with salt and pepper and place skin side down on rack in covered roasting pans. Cover the bottom of pans with water and cook in hot oven. Steam in this way one hour; those on top will brown while in the oven and are then ready to serve. Spread each of the remaining chickens with melted butter, then brown on both sides in broiler.

Serve with Roast Chicken Gravy.

	Protein	Total
Calories in recipe	35,154	47,795
Calories in one portion.....	234	319

Stewed Chicken

(150 Portions)

75 pounds fowl, dressed	$\frac{1}{2}$ cup salt
Boiling water	$\frac{1}{2}$ teaspoon pepper

Singe, wash, remove all feathers and the oil glands. Cut off two sections of the wings and the ends of legs, reserving these for soup. Disjoint the chicken; separate the upper part of the leg, second joint, from lower part of leg, drumstick; remove a portion of breast meat with the wing, separate breast from back; divide back by cutting through the middle crosswise, separate side bones; reserve the ribs and neck for soup. Cut the breast in two parts crosswise. Cover with boiling water, allow to boil five minutes, reduce the temperature and cook slowly two and one-half or three hours or until meat is tender. When half cooked, add seasoning.

Remove chicken from water, pour Sauce over it and serve.

SAUCE

4 cups chicken fat	8 quarts hot milk
1 $\frac{1}{2}$ pounds sifted flour	8 quarts water in which
$\frac{1}{2}$ cup salt	chickens were cooked
1 teaspoon pepper	

Make as White Sauce.

	Protein	Total
Calories in recipe	27,568	90,449
Calories in one portion.....	184	603

Steamed Chicken

(150 Portions)
75 pounds fowl, dressed

Singe and wash fowls; remove feathers and oil glands, also any organs that may remain. Cut off two sections of wings and the ends of legs, reserving these for soup. Place in two steamer baskets, steam until tender; remove to hot pan on steam table. Carve as Roast Chicken.

SAUCE

4 cups chicken fat	1 teaspoon pepper
1½ pounds sifted flour	8 quarts hot milk
½ cup salt	6 quarts chicken stock

Make as White Sauce.

	Protein	Total
Calories in recipe	27,568	90,449
Calories in one portion.....	184	603

Chicken Fricassee

(150 Portions)

75 pounds fowl, dressed	3 ounces salt
2 pounds butter or chicken fat	2 teaspoons pepper
2 pounds flour	16 quarts chicken stock

Prepare fowls as for Stewed Chicken, season with salt and pepper, dredge with flour and sauté in bacon fat. Remove to stock pot and cover with boiling water. Cook slowly for two to three hours. When chicken is tender remove from stock and make Brown Gravy of the butter, flour and stock.

	Protein	Total
Calories in recipe	26,712	86,226
Calories in one portion.....	178	575

Creamed Chicken

(150 Portions)

60 pounds fowl	$\frac{1}{4}$ cup salt
6 cups chicken fat	$\frac{1}{2}$ tablespoon pepper
2 pounds flour	6 quarts milk
8 quarts chicken stock	$\frac{1}{2}$ cup parsley

Dress and clean chickens. Place them in large boiler, cover with water and cook slowly until tender, adding one-fourth cup of salt when chickens are half cooked; or place chickens in steamer baskets and steam until tender. When cold, remove meat from bones, discarding skin, and cut into medium-sized pieces. Make sauce of chicken fat, flour, seasoning, milk, and stock; cook thoroughly, add chicken and reheat. Add parsley and serve.

	Protein	Total
Calories in recipe	16,093	62,498
Calories in one portion.....	107	417

Chicken à la King

(50 Portions)

15 pounds fowl	3 quarts chicken stock
3 cups chicken fat	3 quarts milk
1 pound flour	2 pimentoes
$\frac{1}{4}$ cup salt	2 small green peppers
$\frac{1}{2}$ teaspoon pepper	1 tablespoon butter
	$\frac{1}{2}$ pound fresh mushrooms

Prepare and cook fowl as for Creamed Chicken. Make sauce of the fat, seasoning, stock and milk. Seed and stem peppers. Chop pimentoes and peppers and cook in butter ten minutes, then add

to sauce. Wash mushrooms; remove stems, scrape and cut in pieces; peel cap and break in pieces; add both to sauce. Cook thoroughly over hot water, then add chicken and allow to stand until well heated.

	Protein	Total
Calories in recipe	4,350	20,194
Calories in one portion	87	404

Chicken Liver Sauté

(50 Portions)

7 pounds chicken livers	$\frac{3}{4}$ pound flour
2 cups chicken fat	6 quarts chicken stock
4 tablespoons salt	or water
$\frac{1}{4}$ teaspoon pepper	50 slices toast

Sauté livers in part of the fat. When browned remove to double boiler. Make Brown Sauce of remaining fat, flour, stock and seasoning. Serve on toast.

	Protein	Total
Calories in recipe	3,525	12,481
Calories in one portion.....	71	250

ADDITIONAL RECIPES

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XV

MEATS

Good beef should be firm, elastic and when first cut, a purplish red, becoming a bright red and moist upon exposure to the air. The lean meat should be well mottled with fat; a thick layer of light straw-colored fat extending over the rib and loin cuts. The kidney suet should be white and crumbly. Lean beef, with very little fat, is tough and is usually taken from a poor under-fed animal. If beef is very dark or greenish in tint, the meat is stale.

Veal should be pink in color and have white fat. When the flesh lacks color it has come from too young an animal. White lean veal is unfit for use. Beef may be served rare, but veal must be thoroughly cooked.

The characteristics of good mutton are the same as those of beef, except that the flesh is lighter in color and the fat is whiter. The strong flavor of mutton is greatly reduced if the pink membrane, which surrounds the meat, is removed before cooking. The fat of mutton has a strong, disagreeable flavor, and most of it should be removed. It is not good for cooking purposes, and can only be used for soap making.

The flesh of lamb is lighter in color than that of mutton and has a much more delicate flavor. Mutton is sometimes served rare, but lamb is classed with white meats and must be well cooked.

The lean meat of pork should be firm, and of a pale pink color; the fat, hard and white. Soft, flabby meat with tiny kernels in it should not be used. Pork is rather difficult of digestion, because of the large amount of fat it contains, and should only be served during the winter months.

The following table gives the comparative composition of beef, mutton, veal, pork, poultry and fish:

BEEF

	Refuse.	Water.	Protein.	Fat.	Mineral Matter.
Forequarter	19.8	49.3	14.1	16.1	.7
Hindquarter	16.3	52.	15.3	15.6	.8
Round	8.5	63.	18.7	8.8	1.
Rump	18.5	47.3	14.4	19.	.8
Loin	12.6	53.3	15.9	17.3	.9
Ribs	20.2	44.9	13.6	20.6	.7
Chuck Ribs	13.3	50.1	15.	20.8	.8
Tongue	15.1	53.9	14.8	15.3	.9
Heart	62.6	16.	20.4	1.

MUTTON

Hindquarter	16.7	45.6	13.5	28.5	.7
Forequarter	21.1	40.6	11.9	25.7	.7
Leg	17.4	52.2	15.1	14.5	.8
Loin	14.2	40.5	12.8	31.9	.6

MEATS

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VEAL

	Refuse	Water.	Protein.	Fat.	Mineral Matter.
Forequarter	24.5	54.2	14.6	6.	.7
Hindquarter	20.7	56.2	15.7	6.6	.8
Leg	10.5	65.	18.5	5.	1.
Sweetbreads	70.9	15.4	12.1	1.6
Liver	73.	19.	5.3	1.3

PORK

Loin of Pork.....	16.	42.3	13.5	27.5	.7
Ham, smoked	12.7	35.9	14.1	33.2	4.1
Salt Pork	8.1	15.9	6.5	66.8	2.7
Bacon	8.1	17.8	9.6	60.2	4.3

POULTRY

Chicken	34.8	48.5	14.8	1.1	.8
Fowl	30.	45.6	13.4	10.2	.8
Turkey	22.7	42.4	15.7	18.4	.8

FISH

Bass, black	54.8	34.6	9.3	.8	.5
Bluefish	55.7	35.	8.3	.5	.5
Butterfish	42.8	40.1	10.2	6.3	.6
Cod, fresh	52.5	38.7	8.	.2	.6
Cod, salt, boneless	54.4	22.2	.3	23.1
Haddock	51.	40.	8.2	.2	.6
Halibut, sections	17.7	61.9	15.1	4.4	.9
Herring	42.6	41.7	10.9	3.9	.9
Mackerel	44.6	40.4	10.	4.3	.7
Mackerel, Spanish	34.6	44.5	13.7	6.2	1.
Perch, white	62.5	28.4	7.2	1.5	.4
Salmon	39.2	39.4	12.4	8.1	.9
Salmon, canned	14.2	56.8	19.5	7.5	2.0
Shad	50.1	35.2	9.2	4.8	.7
Smelts	41.9	46.1	10.	1.	1.
Trout	48.1	40.4	9.8	1.1	.6
Whitefish	53.5	32.5	10.3	3.	.7

Carbo
hydrates.

Lobster meat4	79.2	16.4	1.8	2.2
Clams, out of shell.....	5.2	80.8	10.6	1.1	2.3
Oysters, solid	3.3	88.3	6.1	1.4	.9
Crab meat	1.2	77.1	16.6	2.0	3.1

U. S. Department of Agriculture

General Rules

Meat should be removed from the paper in which it was wrapped and kept in a cool place.

Meat must be weighed, trimmed, and wiped with a damp cloth.

Only tender cuts of meat should be broiled, pan-broiled, or roasted. When meat is to be cooked by any of these methods, it is first seared, then the temperature slightly lowered; by searing, the albumen on the outside of the meat is hardened and the meat is cooked in its own juices.

Tough meat should be cooked in water; boiling water hardens the albumen on the outside and keeps in the juices. Meat should be put in boiling water and the water allowed to boil five or ten minutes, then cooked at a low temperature until tender. If the water bubbles, it is too hot. All tough meat may become tender if cooked in this way. The time for roasting or cooking meat in water varies with the weight and quality.

Stock and broth are prepared by soaking in cold water and cooking at a low temperature several hours.

The meat which remains after straining may be used in any place where cooked meat is used, with the addition of a little fresh meat to give it flavor.

Stock may be kept a week or more if the covering of fat remains unbroken as it excludes the air and prevents decomposition. Fat must be entirely

removed before using stock or broth, and may be used for cooking, in place of dripping.

The trimmings of fat from meat should be clarified and may be used for cooking or for making soap.

BEEF

Roast Ribs of Beef

(150 Portions)
45 pounds of beef in two pieces

Cleanse, remove spinous process, shoulder-blade, and piece of cartilage; skewer into shape, dredge with salt, pepper and flour. Place on racks in roasting pans, rib side up. Cover bottom of pans with water and put into hot oven. Baste with water and fat, which has been tried out, every twenty minutes, adding more water to pans as needed. When brown and about half cooked, turn the roasts with the skin side up that they may become a rich brown.

Roast about ten minutes to each pound of meat, starting in hot oven and decreasing heat after roasts have browned on both sides.

If meat is very cold, stand in kitchen two hours before roasting, otherwise it will brown before heating through, and meat will be raw in center and overdone on the outside.

	Protein	Total
Calories in recipe	13,324	29,575
Calories in one portion.....	89	197

To Carve Roast Beef

Place roast on pan of steam table, skin side up, thick part of meat away from carver, holding the meat firmly with a carving fork. With a sharp, thin-bladed knife cut the roast in thin slices at right angles to the ribs and cut slices from ribs. A little of the juice (dish gravy) which collects in the pan should be served with each slice of meat.

Beef à la Mode

(150 Portions)

30 pounds round of beef	2 cups diced turnips
3 ounces beef drippings	2 cups diced carrots
1 teaspoon pepper	2 cups diced onions
2 tablespoons salt	2 cups diced celery
$\frac{1}{2}$ pound flour	4 bay leaves
	2 quarts boiling water

Wipe meat with a damp cloth, dredge with salt, pepper and flour. Heat drippings in a large kettle and brown meat, first on one side and then on the other. Place on rack in the kettle, add vegetables, bay leaves and boiling water. Cover and cook very slowly from seven to eight hours, or until tender. Strain liquor remaining in kettle, and use in making brown gravy as for Roast Beef.

	Protein	Total
Calories in recipe	11,764	21,412
Calories in one portion.....	78	143

Beef Stew

(150 Portions)

30 pounds beef from the round	2 cups turnips cut in cubes
$\frac{1}{2}$ pound fat	2 onions
4 quarts potatoes cut in half-inch cubes	6 cups flour
3 cups carrots cut in half-inch cubes	Cold water to moisten flour
	$\frac{1}{2}$ cup salt
	$\frac{1}{2}$ tablespoon pepper

Cleanse, remove large pieces of fat, and coarse skin from meat, cut in one-inch cubes. Brown half of the meat in fat in frying pan and add to remaining meat. Cover with boiling water; boil five minutes; reduce the temperature by removing to steam table and cook slowly three hours until meat is tender. Add seasoning for the last hour. Cook all vegetables together in boiling water; add to stew fifteen minutes before serving. Make thin batter by adding cold water, gradually, to the flour; pour into the stew, stirring constantly, but slowly, until the stew thickens and begins to boil.

Brown pieces of cold roast beef give this stew a rich flavor.

Serve with Toast Points or Dumplings.

	Protein	Total
Calories in recipe	12,135	27,312
Calories in one portion.....	81	182

Broiled Beefsteak

(150 Portions)

Cleanse thirty-five pounds sirloin steak, remove superfluous fat, place on rack of charcoal broiler,

sear on both sides, then turn every ten seconds until steak is done. Six or eight minutes required. Season and serve on hot platters.

	Protein	Total
Calories in recipe	10,478	33,495
Calories in one portion.....	70	223

Hamburg Steak

(150 Portions)

35 pounds round of beef	1 cup chopped parsley
1 cup salt	1 tablespoon pepper

Remove tough connective tissue. Cleanse, cut meat and fat in pieces and put through food chopper. Mix seasoning through the meat and shape in small, flat cakes. Pan broil and serve with Brown Gravy or Tomato Sauce.

	Protein	Total
Calories in recipe	18,530	24,815
Calories in one portion.....	90	165

Beef Loaf

(50 Portions)

10 pounds top of round, finely chopped	6 tablespoons salt 1 tablespoon pepper
1½ quarts milk	2 loaves bread

Moisten bread in a little cold water, press dry, break in pieces, and add to the meat with the seasonings. Add milk and mix all the ingredients together. Form into five loaves and bake one hour in a moderate oven. Serve with Brown Sauce.

	Protein	Total
Calories in recipe	4,122	11,980
Calories in one portion.....	82	240

Beef on Toast

(150 Portions)

24 pounds round of beef	$\frac{2}{3}$ pound butterine
3 small onions	1 pound flour
$\frac{1}{3}$ cup salt	8 quarts boiling water
2 teaspoons pepper	150 pieces toast

Put beef and onions through food chopper. Mix together with the seasoning and cook in frying pans, stirring constantly, until meat is well browned. Remove from pan and keep hot in double boiler. Brown butterine, add flour, and gradually the boiling water. Cook twenty minutes and strain over the meat. Serve on toast.

	Protein	Total
Calories in recipe	10,754	30,219
Calories in one portion.....	72	201

Corned Beef

(150 Portions)

Wash thirty-five pounds corned beef, cover with cold water, heat slowly to boiling point, boil five minutes, then reduce temperature and cook until tender.

When corned beef is to be served cold, allow it to cool in water in which it has been cooked.

	Protein	Total
Calories in recipe	8,905	43,085
Calories in one portion.....	59	287

Boiled Tongue

(150 Portions)

35 pounds corned tongue

Cook the same as Corned Beef. If the tongues are very salt they should be soaked in cold water several hours, or over night, before cooking. Take from water when slightly cooled and remove the skin. Serve cold, cut in thin slices.

	Protein	Total
Calories in recipe	8,963	18,515
Calories in one portion.....	60	123

Frizzled Beef

(150 Portions)

15 pounds smoked dried beef 2 pounds butter
 6 quarts hot milk 6 cups sifted flour
 4 quarts hot water No salt

2 pounds of butter for cooking meat in pans

Remove skin and chip the beef. Place in colander, in hot water, allow to stand five or ten minutes, and drain. Heat one-half cup butter in French frying-pan and add about one-eighth of the meat; stir constantly over a hot fire until the meat has browned and curled. Remove to a mixing basin and keep hot on steam table while more meat is cooked in same way. Make White Sauce of the butter, flour, milk and water, and mix with the frizzled meat.

	Protein	Total
Calories in recipe	8,281	31,525
Calories in one portion.....	55	210

Creamed Dried Beef

(150 Portions)

10 pounds dried beef	1 $\frac{1}{2}$ quarts cold water
$\frac{1}{2}$ pound butterine	3 $\frac{1}{2}$ quarts hot water
1 $\frac{3}{4}$ pounds flour	10 quarts hot milk

Prepare dried beef as for Frizzled Beef. Put butterine and meat in roasting pans and brown in oven. Moisten flour with the cold water, add to the hot milk and water and cook one-half hour. Add to the browned meat, and add more seasoning, if necessary.

	Protein	Total
Calories in recipe	6,353	18,390
Calories in one portion.....	42	123

VEAL

Roast Veal

(150 Portions)

40 pounds fillet of veal	12 quarts Poultry Dressing
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Cleanse meat, trim off tough skin, cut in four or five pieces. Cut a pocket in center of each piece, fill with dressing, tie in long, round pieces and cook as Roast Beef.

Veal should be served very well done; it should be roasted fifteen minutes to each pound of meat. Serve with gravy made as Roast Beef Gravy, using butter when there is not sufficient dripping.

	Protein	Total
Calories in recipe	12,579	30,996
Calories in one portion.....	84	207

Veal Cutlet

(150 Portions)

35 pounds veal cutlet	1 cup cold water
1½ dozen eggs	4 quarts dried bread crumbs
2 teaspoons salt	{ To each quart crumbs
¼ teaspoon pepper	

Wipe and cut meat in suitable pieces for serving. Beat eggs until well broken, but not foamy; add the water. Dip each piece of cutlet in the beaten egg, then cover with the seasoned crumbs; press the crumbs on in order to make them adhere firmly. Fry in hot, deep fat until a golden brown; requires about one minute.

Remove cutlets from fat, place in baking pans, and pour over them Tomato Sauce; cover the pans tightly and allow to cook slowly on steam table about two hours.

Twice the quantity of Tomato Sauce is required.

	Protein	Total
Calories in recipe	14,557	24,709
Calories in one portion.....	97	165

Veal Fricassee

(150 Portions)

35 pounds veal cutlet	4 cups butter
Boiling water	6 cups flour
½ cup salt	12 quarts water in which
½ teaspoon pepper	meat has cooked
	1 onion

Cleanse meat, cut into pieces suitable for serving, place in saucepans and cover with boiling

water. Boil five minutes, add seasoning, then remove to steam table and cook slowly two hours. Remove meat, sauté in hot butter, using only enough butter to cover bottom of pan. Strain stock in which meat was cooked and use in making Brown Sauce to pour around the veal. As stock is seasoned omit salt and pepper in sauce.

Serve on platters with Toast Points or Dumplings.

	Protein	Total
Calories in recipe	13,871	28,770
Calories in one portion.....	92	192

Veal Loaf I

(150 Portions)

35 pounds meat and bone from leg of veal	$\frac{1}{2}$ teaspoon pepper
1 cup salt	2 onions, chopped fine
	18 hard cooked eggs

Wipe and cut meat in one-pound pieces; crack bones and place all in saucepans; cover with boiling water; boil five minutes; remove to steam table and cook slowly two or three hours. When nearly done, add salt, pepper and onion. Drain and force meat through food chopper; add more seasoning if necessary. Place liquid on fire and boil until it is reduced to about eight quarts; strain. Garnish bottoms of moulds with slices of hard cooked eggs and parsley, cover with meat and pour over it the liquid. Press and chill. Serve moulds on platter garnished, or cut in slices before serving.

	Protein	Total
Calories in recipe	13,279	26,949
Calories in one portion.....	89	180

Veal Loaf II

(150 Portions)

30 pounds veal	$\frac{1}{2}$ cup salt
1 pound fat salt pork or beef suet	2 onions chopped fine
10 cups crackers, crumbed	1 teaspoon pepper
$\frac{1}{4}$ cup meat seasoning	10 eggs
	2 $\frac{1}{2}$ cups melted butter

Cleanse, remove skin and membrane from the meat. Force meat and pork through food chopper, then add crackers, salt, onion, pepper, melted butter, and beaten eggs. Pack in small bread pans, smooth evenly on top, cover each pan, and bake slowly three hours, or steam three hours and brown in oven. Cool in the pans in which it is baked. Cut in thin slices for serving. Beef may be used in place of veal.

	Protein	Total
Calories in recipe	11,741	34,517
Calories in one portion.....	78	230

Liver Sauté

(50 Portions)

5 pounds liver	5 quarts water
1 pound butterine	3 $\frac{1}{2}$ tablespoons salt
2 $\frac{1}{2}$ cups flour	1 teaspoon pepper
1 $\frac{1}{2}$ dozen hard-cooked eggs	

Cut liver into slices one-half inch thick. Pour boiling water over it and let stand five minutes. Drain and wipe dry. Cut into one-inch pieces, sprinkle with salt and pepper and sauté; place in double boiler or steamer pan. Make Brown Sauce

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of butterine, flour, water and seasoning. Pour sauce over meat and let steam at least one hour. Add chopped eggs just before serving.

	Protein	Total
Calories in recipe	2,311	8,432
Calories in one portion.....	46	169

Liver and Bacon

(50 Portions)

7 pounds liver 4 pounds bacon

Cook bacon as given in directions for Breakfast Bacon. Cut liver in slices one-half inch thick. Pour boiling water over it and let stand five minutes. Drain and wipe dry. Dredge with flour and seasoning and sauté in bacon fat.

	Protein	Total
Calories in recipe	3,104	14,322
Calories in one portion.....	62	286

LAMB

Roast Lamb

(150 Portions)
40 pounds leg of lamb

Remove bone from legs of lamb; cleanse. Tie in shape with twine, place on racks in roasting pan, sprinkle with salt, pepper, and flour. Cover bottom of pan with water. Place in hot oven and baste every twenty minutes. When brown, and about half done, turn each piece. When upper side is browned, reduce the temperature of the

oven. As lamb is served well done, roast about two and one-half hours. Add more water to pans when necessary.

Make gravy as for Roast Beef Gravy and brown in same way or serve with Mint Sauce.

	Protein	Total
Calories in recipe	11,539	33,760
Calories in one portion.....	77	225

To Carve Roast Lamb

Hold meat firmly with carving fork, and with a sharp knife cut in thin slices across grain of the meat, beginning at the top of leg.

Broiled Lamb Chops

(150 Portions)
40 pounds lamb chops

Cleanse, remove superfluous fat, place in wire broilers and broil as Beefsteak over charcoal fire. Season and serve on hot platters.

	Protein	Total
Calories in recipe	11,613	50,960
Calories in one portion.....	77	339

PORK

Roast Pork

(150 Portions)

Cleanse forty-five pounds rib and loin of pork, remove all bones except the ribs and flat bones near tenderloin, dredge with salt, pepper, and flour. Place on racks in roasting pans, rib side

up; cover bottom of pans with water and put into hot oven. Baste with water and fat which has tried out, every twenty minutes, adding more water to pans as needed. When brown and about half cooked, turn roasts with skin up, that the fat may become a rich brown and crisp. Roast about fifteen minutes to each pound of meat, reducing the temperature of oven after meat is brown.

Serve with Franconia Potatoes.

	Protein	Total
Calories in recipe	10,953	55,495
Calories in one portion.....	73	370

Pork Chops

(150 Portions)

Prepare forty-five pounds chops and cook as Lamb Chops; after chops are brown, broil more slowly that they may be thoroughly cooked. Season and serve.

	Protein	Total
Calories in recipe	10,940	55,395
Calories in one portion	73	369

Cold Boiled Ham

Remove bones from an eighteen-pound ham, and tie to hold in shape. Wash and cover with cold water; heat gradually to boiling point; reduce temperature and cook slowly about three hours. Draw the hot water off and cover with cold water; when ham has cooled, remove from water and put in refrigerator. Serve sliced very thin, garnished with parsley.

	Protein	Total
Calories in one pound boiled ham	366	1,281

Baked Ham

(150 Portions)

3 eighteen-pound hams.

Prepare and cook as Cold Boiled Ham. Remove from the boiling water at the end of two hours; remove twine and rind. Spread thickly with dried bread crumbs and a little brown sugar, and stick with cloves about three-fourths of an inch apart. Place hams on racks in baking pan and bake about an hour until a rich brown. Serve hot, or allow to cool for sliced ham.

	Protein	Total
Calories in recipe	13,913	87,534
Calories in one portion.....	86	584

Glazed Ham With Sweet Sauce

(50 Portions)

16 pounds boiled ham	1 quart vinegar
2 pounds sugar	$\frac{1}{2}$ cup cornstarch
2 quarts boiling water	

Trim the ham carefully, removing rind and superfluous fat. Place in baking pan with the fat side up. Cover ham with the sugar and pour vinegar into the pan. Bake one-half hour in a moderately hot oven, then reduce the heat and bake one hour longer, basting every fifteen minutes with the vinegar in the pan. Remove ham and add the boiling water to syrup in the pan. Thicken with the cornstarch dissolved in one-half

cup cold water and cook fifteen minutes, or until sauce is clear. Serve a small portion with each slice of ham.

	Protein	Total
Calories in recipe	4,122	28,158
Calories in one portion.....	82	563

Broiled Ham

(150 Portions)
25 pounds ham, sliced thin

Remove extra fat from ham, cleanse, place in wire broilers and broil slowly over charcoal fire. Serve on hot platters.

	Protein	Total
Calories in recipe	6,441	40,525
Calories in one portion.....	43	270

Creamed Ham

(150 Portions)

**36 pounds boiled or
baked ham** **8 quarts White Sauce I,
made without salt**

Remove rind, thick layer of fat and dark skin. Cut in slices one-half inch thick, then into one-half inch strips. Place in covered saucepan and heat in steamer. Mix with sauce and serve.

	Protein	Total
Calories in recipe	10,117	65,158
Calories in one portion.....	67	434

Breakfast Bacon

(150 Portions)

Place twenty pounds sliced bacon on racks in the baking pans, fitting the pieces as closely together as possible.

gether as possible. Cover bottoms of pans with water and place in hot ovens. When bacon becomes brown on top, turn and brown the other side; about forty-five minutes required.

	Protein	Total
Calories in recipe	3,447	51,940
Calories in one portion.....	23	346

USES FOR COOKED MEATS

Hash

(150 Portions)

18 quarts chopped, cooked meat	1/4 cup salt 1/2 teaspoon pepper
6 quarts Brown Gravy	150 slices toast
5 tablespoons Worcester- shire sauce	4 dozen hard cooked eggs 5 quarts Tomato Sauce

Heat brown gravy and add the meat and seasoning. Arrange on toast, garnish with slices of hard cooked egg and serve with tomato sauce. Tomato sauce may also be used instead of the brown gravy.

	Protein	Total
Calories in recipe	12,138	35,292
Calories in one portion.....	80	235

Corned Beef Hash

(150 Portions)

14 pounds cooked corned beef	1 teaspoon pepper
20 quarts mashed potatoes	1 cup salt

Remove skin and gristle from corned beef; put through food chopper and add the mashed pota-

toes and seasoning to taste. Moisten with stock or boiling water. Grease the bottom of baking pan, spread mixture evenly and brown in oven. Cut in squares to serve.

	Protein	Total
Calories in recipe	8,052	31,600
Calories in one portion.....	54	211

Baked Hash

Make as Corned Beef Hash, using chopped ham, or a mixture of other meats.

Shepherd's Pie

(150 Portions)

40 pounds potatoes	12½ pounds cooked beef,
3½ quarts milk	chopped
⅔ cup salt	4 onions
1 tablespoon pepper	⅓ cup salt
4½ quarts Roast Beef Gravy	2 teaspoons pepper
	3 teaspoons celery salt

Cook and mash potatoes and add milk and seasoning. Mix gravy, chopped onions and seasoning with the meat. Arrange in buttered baking pans a layer of potato, then a layer of meat and cover with a layer of potato. Bake in the oven until thoroughly heated and the top is browned.

	Protein	Total
Calories in recipe	7,930	12,905
Calories in one portion.....	52	173

Casserole of Rice and Meat

(150 Portions)

14 pounds cooked meat	3 quarts stock
8 pounds uncooked rice	12 eggs
2 quarts soft bread crumbs	$\frac{1}{2}$ cup salt
$\frac{1}{2}$ cup chopped parsley	2 tablespoons pepper
Juice of 6 onions	10 quarts Tomato Sauce
$\frac{1}{2}$ cup salt (used in boiling rice)	

Chop the meat and mix with the seasonings, onion juice, parsley, crumbs and beaten eggs. Add enough stock to make the mixture pack easily. Line buttered baking dishes with the cooked rice, fill with the meat and spread remainder of the rice over the top. Cover tightly and steam one hour. Serve with tomato sauce.

	Protein	Total
Calories in recipe	9,835	40,082
Calories in one portion.....	65	266

Stuffed Peppers

(50 Portions)

50 peppers	1 quart milk
4 pounds meat, finely chopped	2 tablespoons salt $1\frac{1}{2}$ small loaves bread
	2 quarts Buttered Crumbs

Cut a slice from stem end of peppers and remove seeds. Parboil about five minutes; crumb bread and add to meat with seasoning and milk; mix well and fill peppers. Bake in a moderate oven about three-fourths of an hour. Remove from oven, cover with buttered crumbs and return to oven to brown crumbs.

Peppers may also be filled with creamed chicken or veal, covered with buttered crumbs, and baked in a moderately hot oven twenty to twenty-five minutes.

	Protein	Total
Calories in recipe	2,994	11,929
Calories in one portion.....	60	239

Scalloped Meat

(150 Portions)

18 quarts chopped beef $5\frac{1}{2}$ tablespoons Worcester-
6 quarts Buttered Crumbs shire sauce
9 quarts Brown Gravy $\frac{1}{4}$ cup salt
 $\frac{1}{2}$ teaspoon pepper

Use brown gravy left from Roast Beef, Lamb or Veal; heat, add Worcestershire sauce, salt and pepper to taste. Put meat in baking dishes, pour over it the hot gravy, cover with buttered crumbs and brown in oven.

	Protein	Total
Calories in recipe	9,800	23,021
Calories in one portion.....	65	154

Scalloped Chicken

(50 Portions)

(11 PORTIONS)
4 quarts cooked chicken meat 2 quarts Roast Chicken Gravy
4 quarts boiled rice 2 quarts Buttered Crumbs

Arrange alternate layers of cold, cooked sliced chicken and boiled rice in a buttered baking dish. Add gravy and cover with buttered crumbs. Bake

in a hot oven until crumbs are brown. White Sauce or Tomato Sauce may be used in place of gravy. Turkey may be used instead of chicken.

	Protein	Total
Calories in recipe	5,483	21,745
Calories in one portion.....	109	435

Mock Terrapin

(50 Portions)

5 quarts cold cooked chicken (or veal)	3 tablespoons salt Cayenne
2 dozen hard cooked eggs	1 teaspoon ground mace
1 cup butter	1 teaspoon ground cloves
1 cup flour	4 quarts milk or cream

Cut chicken into small pieces and put eggs through the food chopper. Make a White Sauce of the butter, flour, seasoning and hot milk. Add chicken and eggs; reheat over hot water and serve garnished with Toast Points and parsley.

	Protein	Total
Calories in recipe	2,769	15,422
Calories in one portion.....	56	308

Chicken Croquettes

(50 Croquettes)

4½ quarts cooked chicken meat	1 ounce salt 1½ teaspoons onion juice
3 quarts milk	1½ teaspoons lemon juice
¾ pound butterine	1 teaspoon pepper
¾ pound flour	½ teaspoon cayenne

DIPPING

5 eggs	5 tablespoons water
3 pounds bread crumbs	

Prepare and cook as Beef Croquettes.

	Protein	Total
Calories in recipe	6,792	27,188
Calories in one portion.....	136	544

Beef Croquettes

(150 Portions)

14 quarts cooked meat	1 grated nutmeg
2 pounds butterine	½ cup Worcestershire sauce
2 pounds flour	2 teaspoons onion extract
9 quarts stock	1 teaspoon pepper
½ cup salt	1 onion

DIPPING

8 pounds bread crumbs	
15 eggs	1 cup water

Grind meat finer than for Scalloped Meat, mixing onion through the meat while grinding. Make Brown Sauce of butter, flour, stock and seasoning; stir into the meat and pour into buttered shallow pans. When cool, form into shape, using one rounding tablespoonful for each croquette, then roll in crumbs, dip in beaten eggs and crumbs again. Fry in deep fat until brown, drain on paper.

Serve with or without Tomato Sauce.

	Protein	Total
Calories in recipe	9,823	38,249
Calories in one portion.....	196	765

Ham and Egg Croquettes

(50 Portions)

4 quarts minced ham	1 dozen hard cooked eggs
	3 quarts White Sauce II

DIPPING

5 eggs 5 tablespoons water
 3 pounds bread crumbs

Chop eggs and add to minced ham. Mix with white sauce. Shape and cook as Beef Croquettes.

	Protein	Total
Calories in recipe	2,750	14,453
Calories in one portion.....	55	289

ADDITIONAL RECIPES

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SAUCES FOR MEATS AND VEGETABLES

Buttered Crumbs

(4 Quarts)

4 quarts bread crumbs $\frac{1}{2}$ pound melted butter

Crumb stale bread by rubbing two pieces together, or break in small pieces. If upper crust is a dark brown, remove it before crumbing. Melt, but do not brown butter; add to crumbs; mix thoroughly.

Used with all scalloped dishes.

One square baker's loaf makes about one quart of crumbs.

	Protein	Total
Calories in recipe	346	4,092
Calories in one quart.....	87	1,023

Poultry Dressing

(12 Quarts)

12 quarts bread crumbs 2 tablespoons poultry
1 teaspoon pepper seasoning
 $\frac{1}{4}$ cup salt $1\frac{1}{2}$ pounds butter, melted

Prepare as for Buttered Crumbs, add the seasoning, then stir in the butter.

	Protein	Total
Calories in recipe	1,040	12,276
Calories in one quart.....	87	1,023

Roast Beef Gravy

(4½ Quarts)

1½ cups beef drippings	¼ teaspoon pepper
2 cups sifted flour	4 quarts boiling water or Soup Stock
¼ cup salt	

Take beef drippings from roasting pan, add flour, seasoning and hot liquid as for White Sauce.

When roast is removed, pour fat and water from pan and save for soup stock and gravies. Pour sauce into the roasting pan and stir until gravy is brown and richly flavored.

	Protein	Total
Calories in recipe	133	882
Calories in one quart.....	30	196

Gravy for Roast Chicken

(6 Quarts)

2 cups chicken fat	¼ teaspoon pepper
2½ cups sifted flour	¼ cup salt
6 quarts boiling water, or water from roasting pan	

Make as Brown Sauce.

	Protein	Total
Calories in recipe	145	4,490
Calories in one quart.....	24	748

Giblet Sauce

(6 Quarts)

2 cups fat from pan	¼ cup salt
2½ cups sifted flour	6 quarts water from pan, or boiling water
¼ teaspoon pepper	

Giblets from 12 chickens

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Clean and cook giblets in water until tender, drain, cut in one-half inch pieces, use water as part of the six quarts. Make Brown Sauce of the remaining ingredients; stir into it the chopped giblets. Serve hot.

	Protein	Total
Calories in recipe	1,161	6,028
Calories in one quart.....	145	754

White Sauce I

(6 Quarts)

1 pound butter	¼ teaspoon pepper
3 cups sifted flour	4 quarts whole milk
¼ cup salt	2 quarts hot water

Heat milk in double boiler. Heat butter in large saucepan, stirring with wooden spoon; when it bubbles add flour, salt and pepper, which have been mixed together. Stir until perfectly smooth; add gradually the hot milk and water, stirring constantly; allow the mixture to thicken and boil each time before adding more milk. After milk is added, place sauce in double boiler in which the milk was heated.

	Protein	Total
Calories in recipe	649	7,202
Calories in one quart.....	108	1,200

White Sauce II

(4 Quarts)

1 pound butter	¼ cup salt
¾ pound flour	¼ teaspoon pepper
	4 quarts milk

Make as White Sauce I. This sauce is used for cutlets and croquettes.

	Protein	Total
Calories in recipe	649	7,202
Calories in one quart.....	162	1,800

Brown Sauce

(6 Quarts)

1 pound butter	$\frac{1}{4}$ cup salt
3 cups flour	$\frac{1}{4}$ teaspoon pepper
	6 quarts stock or water

Brown butter add flour, and stir until well browned; add gradually the stock or water. Add seasoning.

	Protein	Total
Calories in recipe	171	4,690
Calories in one quart.....	28	781

Egg Sauce I

(5 Quarts)

3 quarts boiling water	3 cups flour
2 quarts hot milk	$\frac{1}{4}$ cup salt
1 pound butter	$\frac{1}{4}$ teaspoon pepper
	15 hard-cooked eggs

Make a sauce of butter, flour, seasoning and hot liquid. Chop eggs in a wooden bowl and add to the sauce in a double boiler. Serve hot.

Serve with Baked or Broiled Fish.

	Protein	Total
Calories in recipe	775	6,954
Calories in one quart.....	155	1,391

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Egg Sauce II

(5 Quarts)

5 quarts boiling water	$\frac{1}{4}$ cup salt
1 pound butter	$\frac{1}{4}$ teaspoon pepper
3 cups flour	15 hard cooked eggs

Prepare as Egg Sauce I.

	Protein	Total
Calories in recipe	455	5,698
Calories in one quart.....	91	1,144

Mint Sauce

(2½ Quarts)

1½ quarts water	1 quart vinegar
1 pound sugar	1 quart mint leaves

Dissolve sugar in the water and add vinegar. Pour over the finely cut mint leaves and cook in double boiler for one-half hour. Do not allow to boil. Cool and serve with cold or hot roast lamb.

	Protein	Total
Calories in recipe		1,814
Calories in one quart.....		725

Tomato Sauce

(5 Quarts)

1 No. 10 can tomatoes	1 teaspoon peppercorns
¼ cup sugar	1 teaspoon soda
4 teaspoons salt	1 pound butter
½ dozen bay leaves	2 cups flour
2 quarts soup stock or water	

Cook tomatoes, sugar, salt, bay leaves and peppercorns together until the tomatoes are tender;

strain, pressing all through except seeds; then add the soda and soup stock.

Make sauce by melting butter, adding flour and tomato mixture gradually, as for White Sauce.

This may be served with quail on toast, macaroni, rice, croquettes or plain hash.

	Protein	Total
Calories in recipe	261	5,185
Calories in one quart.....	52	1,037

Creole Sauce

(5 Quarts)

1½ No. 10 cans tomatoes	4 green peppers
1 quart water	2 small onions
½ pound butterine	1 can pimento
½ pound flour	2 cups canned mushrooms
	¼ cup salt

Add water to tomatoes and cook until tomatoes are very soft. Chop onions and peppers and cook in butterine, add flour, stir until smooth, then add gradually the tomato and stir until it boils. Cut pimentoes and mushrooms into pieces and add to the sauce.

	Protein	Total
Calories in recipe	415	3,844
Calories in one quart.....	83	769

Béchamel Sauce

(5 Quarts)

3 quarts white stock	2 quarts milk
1 small onion, chopped	1 pound butterine
1 small carrot, chopped	¾ pound flour
2 bay leaves	1 tablespoon salt
1 tablespoon peppercorns	½ teaspoon paprika
	¼ cup parsley

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Cook onion, carrot, bay leaves and peppercorns in the stock about twenty minutes. Strain, add to the heated milk and make White Sauce of remaining ingredients. Add chopped parsley and serve over fish.

	Protein	Total
Calories in recipe	419	5,914
Calories in one quart.....	84	1,183

Hot Tartare Sauce

(2 Quarts)

1½ quarts White Sauce I 1 cup stuffed olives, chopped
1 cup Mayonnaise I 2 cups sweet pickles, chopped
 ¼ cup vinegar

Add mayonnaise, olives, pickles and vinegar to the white sauce. Stir constantly until the mixture is heated, but do not let it come to the boiling point.

	Protein	Total
Calories in recipe	173	2,815
Calories in one quart.....	87	1,408

Tartare Sauce

(5 Cups)

2 teaspoons mustard 1 quart olive oil
2 teaspoons salt ¼ cup vinegar
Cayenne ¼ cup chopped stuffed olives
2 teaspoons powdered sugar ¼ cup chopped dill pickle
4 egg yolks ¼ cup chopped onion

Make a thick mayonnaise with the first seven ingredients. Chop olives, pickle and onion very

fine and squeeze until they are dry. Add to the mayonnaise just before serving.

	Protein	Total
Calories in recipe	37	8,414
Calories in one cup.....	7	1,683

Caramel for Coloring Gravies

Melt four cups of sugar with one-fourth cup of boiling water in a smooth frying pan. Stir constantly until the syrup becomes a dark brown color, then add two cups of boiling water and boil gently about five minutes.

This caramel is bitter in taste. Bottle and use as kitchen bouquet for coloring meat gravies.

ADDITIONAL RECIPES

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XVII

VEGETABLES

Vegetables include nearly all kinds of plant food except fruits, grains and nuts. The following table will show their comparative food values:

	Water	Protein	Fat	Carbo-hydrates	Ash
Asparagus, raw	94.0	1.8	.2	3.3	1.0
Asparagus, canned	94.4	1.5	.1	2.8	1.2
Beans, string, raw	89.2	2.3	.3	7.4	.8
Beans, string, cooked.....	95.0	.8	1.1	1.9	.9
Beets, cooked	88.6	2.3	.1	7.4	1.6
Beets, raw	87.5	1.6	.1	9.7	1.1
Cauliflower, raw	90.8	1.6	.8	6.0	.8
Celery, raw	94.5	1.1	.1	3.3	1.0
Corn, raw	75.4	3.1	1.1	19.7	.7
Corn, canned	76.1	2.8	1.2	19.0	.9
Lettuce, raw	94.7	1.2	.3	2.9	.9
Mushrooms, raw	88.1	3.5	.4	6.8	1.2
Onions, raw	87.6	1.6	.3	9.9	.6
Onions, cooked	91.2	1.2	1.8	4.9	.9
Peas, dried	9.5	24.6	1.0	62.0	2.9
Peas, green	74.6	7.0	.5	16.9	1.0
Peas, cooked	73.8	6.7	3.4	14.6	1.5
Potatoes, raw	78.3	2.2	.1	18.4	1.0
Potatoes, boiled	75.5	2.5	.1	20.9	1.0
Potatoes, sweet, raw	69.0	1.8	.7	27.4	1.1
Potatoes, sweet, boiled	51.9	3.0	2.1	42.1	.9
Spinach, raw	92.3	2.1	.3	3.2	2.1
Spinach, cooked	89.8	2.1	4.1	2.6	1.4
Tomatoes, raw	94.3	.9	.4	3.9	.5
Tomatoes, canned	94.0	1.2	.2	4.0	.6

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General Rules

Wash thoroughly; pare or scrape, if skins must be removed. Stand in cold water until cooked, to keep them crisp and to prevent their being discolored. Cook in boiling water or steam. Use one tablespoonful of salt with every gallon of water; put the salt into the water when the vegetables are about one-half cooked. All vegetables must be drained as soon as tender. Season with salt and pepper and serve hot with butter or sauce.

Cold vegetables may be used for salads, or may be placed in baking dish with one-half the quantity of sauce, covered with buttered crumbs and browned in a hot oven.

Canned vegetables are sold in cans of different sizes, and are referred to by number, according to the size. No. 1, No. 2, No. 2½ and No. 3 are those commonly used in the home. No. 10 size is frequently called a gallon can, but it does not always contain a full gallon. The brand costing the least money is not necessarily the cheapest one to purchase. When selecting canned goods it is well to test several brands. Pour the contents of a can into a colander, drain off the liquid, measure it, and weigh the solid material. Test several cans in this way and then compare the price, amount of liquid and weight of solids in the different cans. The cheapest brand is the one which

yields the largest amount of solid food in proportion to its cost.

When using canned vegetables, turn them into a sieve or colander, and pour water from the faucet over them, in order to remove the taste of the can. Allow them to stand an hour to improve the flavor.

Baked Potatoes

(150 Portions)

Select one hundred and fifty smooth potatoes of uniform size. Scrub thoroughly; place in baking pans and bake in hot oven two hours, or longer, if necessary.

	Protein	Total
Calories in one medium potato	11	100

Stuffed Potatoes

(150 Portions)

150 medium-sized potatoes 2 pounds butter
 4 quarts milk 9 ounces salt
 6 tablespoons paprika

Prepare and cook potatoes as for Baked Potatoes. When soft cut a slice from top of each potato and remove contents. Mash, add milk, butter and seasoning and beat until light. Refill skins and bake in hot oven until tops are browned.

	Protein	Total
Calories in recipe	2,280	25,904
Calories in one portion	15	173

Franconia Potatoes

(150 Portions)

One bushel of pared potatoes. Steam, when tender place in broiler pan enough potatoes to cover the bottom of the pan; pour over them the fat which has dripped from the beef while roasting; brown on both sides. Serve very hot. Serve with Roast Beef or Roast Pork.

	Protein	Total
Calories in recipe	2,044	21,665
Calories in one portion.....	14	144

Mashed Potatoes

(150 Portions)

45 pounds white potatoes 1 pound butter
3 quarts hot milk $\frac{1}{2}$ cup salt

Wash and pare potatoes. Steam until tender. Pass through the potato plunger; stir into them the hot milk in which the butter has been melted; sprinkle salt over the potatoes and beat until light and creamy.

	Protein	Total
Calories in recipe	1,806	18,840
Calories in one portion	12	126

Mashed Potatoes with Tomatoes and Peas

(150 Portions)

33 pounds pared potatoes 3 quarts water
2 cups salt (for cooking 2 onions
potatoes) $\frac{1}{2}$ pound butterine
3 quarts hot milk 1 $\frac{1}{2}$ pounds flour
2 No. 10 cans tomatoes 1 $\frac{1}{2}$ cans No. 10 peas
Seasoning

Cook and mash potatoes; add hot milk and beat until light. Cook tomatoes and water; add peas which have been drained and rinsed. Cook onion in butterine five minutes, add flour and liquid from tomatoes to make sauce. When sauce has thickened add remaining tomato pulp and peas. Serve with sauce poured over potato.

	Protein	Total
Calories in recipe	2,985	22,434
Calories in one portion.....	20	150

Scalloped Potatoes I

(150 Portions)

25 pounds white potatoes 2½ pounds butter
 6 quarts milk ½ cup salt
 ½ teaspoon pepper

Cut cold or freshly cooked potatoes in slices or one-half inch cubes and place in baking dishes. Heat the milk, add butter, salt and pepper, pour over the potatoes and bake until milk is well absorbed and the whole a golden brown.

	Protein	Total
Calories in recipe	1,756	21,938
Calories in one portion.....	12	146

Scalloped Potatoes II

(50 Portions)

10 pounds potatoes ¼ pound butter
 4 quarts milk Salt
 ½ cup flour Pepper

Wash, pare and cut potatoes in slices. Arrange in layers in buttered baking dish and sprinkle each layer with flour, seasoning and bits of butter. Heat milk, pour over potato and bake in moderate oven until potatoes are soft.

	Protein	Total
Calories in recipe	835	6,624
Calories in one portion.....	17	132

Hashed Brown Potatoes

(150 Portions)

30 pounds cold cooked potatoes	$\frac{1}{2}$ cup salt
	$\frac{3}{4}$ teaspoon pepper
	2 pounds bacon fat

Pass cold, cooked potatoes through the food chopper, mix with salt, pepper and bacon fat; spread evenly in baking pans and brown. Cut in squares and serve.

	Protein	Total
Calories in recipe	1,192	19,504
Calories in one portion.....	8	130

Lyonnaise Potatoes

(150 Portions)

30 pounds cold boiled potatoes	1 pound bacon fat
	$\frac{1}{2}$ cup salt
	2 teaspoons pepper

Slice potatoes. Melt one-half cup fat in frying pan; when hot add one-third of the potatoes, season with salt and pepper and cook until potatoes

are brown, stirring occasionally. Repeat the process until all are browned.

	Protein	Total
Calories in recipe.....	1,192	15,422
Calories in one portion.....	8	103

Creamed Potatoes

(150 Portions)

10 quarts White Sauce I 25 pounds pared potatoes

Cook potatoes and cut into one-half inch cubes, reheat in steamer, pour the white sauce over them and serve.

Cold potatoes, or those freshly cooked, may be used.

Chopped parsley may be added.

	Protein	Total
Calories in recipe	2,075	21,453
Calories in one portion.....	14	143

Potato Puff

(150 Portions)

18 quarts mashed potatoes 1½ pounds butter

2 dozen eggs 6 tablespoons salt

2½ quarts milk ½ teaspoon pepper

Heat milk and butter together, pour over the beaten yolks; add salt and pepper, then stir into the potatoes, and add carefully the well-beaten whites of eggs. Heap in greased baking dishes and bake in hot oven until brown.

	Protein	Total
Calories in recipe.....	1,957	17,943
Calories in one portion.....	13	120

Potato Croquettes

(50 Portions)

9 pounds potatoes	1 tablespoon salt
4 eggs	¼ teaspoon nutmeg
½ pound butterine	¼ teaspoon cayenne
1 cup milk	1½ teaspoons paprika

DIPPING:

5 eggs	, 5 tablespoons water
	3 pounds bread crumbs

Boil or steam potatoes until tender. Drain and dry thoroughly. Mash them, add hot milk in which butterine has been melted, and seasoning, then add well beaten eggs to the hot mixture. Beat until very light, cool slightly and form into balls between the hands; roll on a board until desired length and flatten the ends. Dip in egg and crumbs and fry in deep fat until a golden brown. Drain on brown paper.

	Protein	Total
Calories in recipe.....	1,112	8,241
Calories in one portion.....	22	165

Glazed Sweet Potatoes

(150 Portions)

1 bushel sweet potatoes	1 quart boiling water
3 pounds sugar	½ pound butter

Wash and steam the potatoes. Scrape, cut in halves lengthwise and put into shallow pans. Make a syrup by boiling for five minutes the sugar

and water, add the butter. Brush potatoes with the syrup and bake until brown.

	Protein	Total
Calories in recipe.....	1,533	34,006
Calories in one portion.....	10	227

Browned Sweet Potatoes

(150 Portions)

60 pounds sweet potatoes 1 pound butter

Prepare as Glazed Sweet Potatoes, using only melted butter over the potatoes. Brown in the oven or in broiler.

	Protein	Total
Calories in recipe.....	1,542	30,808
Calories in one portion.....	10	202

Sweet Potato Croquettes

(50 Croquettes)

7 pounds potatoes, un- cooked	½ cup parsley 1½ ounces salt
6 eggs	⅛ teaspoon cayenne
¼ pound butter	⅛ teaspoon white pepper
1 cup milk	

DIPPING:

5 eggs	5 tablespoons water
	3 pounds bread crumbs

Boil and mash the potatoes. Mix melted butter, milk and eggs; stir into the hot mashed potatoes, add parsley, salt and pepper. Beat thoroughly and turn on a platter to cool. Shape, roll in crumbs, beaten egg and crumbs. Fry in deep fat; drain on paper.

	Protein	Total
Calories in recipe.....	1,038	9,196
Calories in one portion.....	21	184

Asparagus

(50 Portions)

8 bunches asparagus Boiling, salted water
 $\frac{1}{2}$ pound butter

Cut off lower parts of stalks, untie bunches, wash thoroughly and retie in small bunches for individual serving. Cook in boiling salted water from thirty to forty minutes or until tender. Drain and serve spread with softened butter. Remove strings from bunches before serving.

	Protein	Total
Calories in recipe.....	448	7,530
Calories in one portion.....	8	150

Baked Beans

(150 Portions)

9 quarts pea beans 6 pounds bacon or salt
 1 cup salt pork
 $1\frac{1}{2}$ cups brown sugar $2\frac{1}{2}$ cups molasses
 1 quart boiling water

Sort beans, removing any foreign substance; wash and soak over night in cold water. Drain, cover with fresh cold water, heat slowly, and cook until skins will burst when exposed to air, but do not allow them to break in the water. Drain.

Scald and scrape the rind of fat salt pork, cut in three pieces, then cut each piece through the rind every one-half inch, making cuts one inch deep.

Put beans in three stone jars, bury the pork in the beans, leaving rind exposed. Mix sugar, salt, molasses and boiling water; add an equal amount

to each jar, then fill jars with boiling water. Cover jars and bake all day in a slow oven, adding water as needed. Two hours before serving remove lid and allow beans to dry and brown. Serve with Steamed Brown Bread.

	Protein	Total
Calories in recipe.....	5,996	46,300
Calories in one portion.....	40	308

String Beans

(150 Portions)

1½ baskets string beans ¼ cup salt
 ½ pound butter ¼ teaspoon pepper

Remove strings from ends and sides of the beans; break in two or three pieces according to the size of the bean. Wash thoroughly and place in steamer basket; steam until tender. Pour into large saucepan and add melted butter, salt and pepper. Mix as carefully as possible to prevent breaking the beans.

	Protein	Total
Calories in recipe.....	1,151	7,024
Calories in one portion.....	8	47

Canned String Beans

(150 Portions)

5 No. 10 cans string beans ¼ cup salt
 ½ pound butter ¼ teaspoon pepper

Pour beans into colander, rinse with fresh water; place in covered saucepan, and heat in steamer. When hot season as fresh beans.

	Protein	Total
Calories in recipe.....	656	4,767
Calories in one portion.....	4	32

Buttered Beets

(150 Portions)

1 basket beets	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup salt	$\frac{1}{2}$ pound butter, melted

Wash beets and cook until tender. Leave two or three inches of the top on until they are cooked. Put in cold water, remove skin, slice, reheat and season.

They may be served cold with vinegar, or used to garnish potato salad.

	Protein	Total
Calories in recipe.....	835	7,589
Calories in one portion.....	6	51

Creamed Cauliflower

(50 Portions)

8 medium-sized cauliflowers	Boiling, salted water
	3 quarts White Sauce I

Remove leaves, cut off stalks, separate flowerets and soak thirty minutes in cold water to cover. Cook twenty minutes, or until tender, in boiling, salted water; drain, and reheat in the white sauce.

	Protein	Total
Calories in recipe.....	707	5,257
Calories in one portion.....	14	105

Creamed Celery

(50 Portions)

7 quarts diced celery	2 tablespoons salt
$\frac{1}{2}$ pound butter	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ pound flour	1 quart milk
1 quart water in which celery was cooked	

Wash, scrape and cut celery stalks in one-inch pieces. Cook twenty minutes, or until tender, in boiling, salted water. Drain and add to sauce made of remaining ingredients. This is a satisfactory way of using the outer stalks of celery.

	Protein	Total
Calories in recipe.....	611	4,562
Calories in one portion.....	12	91

Fresh Corn

(150 Portions)

12 dozen ears of corn 1 cup salt

Remove husk and silk from corn; trim where necessary and break all long ears. Wash and place corn in large steam cooker of boiling water, to which has been added the salt. Boil one-half hour. Turn off steam and allow corn to remain in water until served.

	Protein	Total
Calories in recipe.....	1,414	11,570
Calories in one portion.....	10	77

Creamed Corn

(150 Portions)

5 No. 10 cans of corn $\frac{1}{2}$ pound butter
3 quarts White Sauce I $\frac{1}{2}$ cup salt

Empty corn into large covered saucepan; heat in steamer. When hot, stir into it the white sauce, melted butter and salt.

If the corn is very thick, add milk before serving; if very thin, drain and use this liquid in making white sauce.

	Protein	Total
Calories in recipe	1,976	20,104
Calories in one portion.....	13	134

Succotash

(150 Portions)

4 No. 10 cans corn	$\frac{1}{2}$ cup salt
4 quarts dried lima beans	1½ teaspoons pepper
	1 pound butter

Wash and soak lima beans over night in enough water to allow them to swell. Drain, add boiling water and cook slowly until tender. Heat corn in double boiler, add lima beans, butter and seasoning.

	Protein	Total
Calories in recipe	3,966	27,746
Calories in one portion.....	27	185

Scalloped Corn

(150 Portions)

4 No. 10 cans corn	$\frac{1}{2}$ cup salt
1 pound butter	$\frac{3}{4}$ cup sugar
3 quarts milk	9 quarts Buttered Crumbs

Heat milk and butter; pour into the corn; add salt and sugar. Pour into baking dishes and cover each dish with buttered crumbs. Bake until thoroughly heated and well browned.

If corn is very thin, use less milk.

	Protein	Total
Calories in recipe	2,466	24,649
Calories in one portion.....	16	164

Corn Pudding I

(50 Portions)

4 quarts fresh corn pulp	2 quarts milk
12 eggs	$\frac{1}{3}$ cup salt
$\frac{3}{4}$ cup flour	1 teaspoon pepper
2 tablespoons sugar	$\frac{1}{4}$ pound butter, melted

Score each grain of corn by passing the ear over a grater and scrape all pulp from the grains. Add the beaten eggs, flour, milk, seasoning and melted butter. Pour into buttered baking dishes and bake in a moderate oven three-fourths to one hour, according to the size of the baking dish.

	Protein	Total
Calories in recipe	904	6,241
Calories in one portion.....	23	156

Corn Pudding II

(50 Portions)

4 No. 3 cans grated corn	Cayenne
Yolks 8 eggs	4 ounces butter
2 tablespoons sugar	$\frac{1}{2}$ pound flour
1 tablespoon salt	2 quarts milk
Whites 8 eggs	

Mix beaten yolks, sugar, salt and cayenne with the corn. Make White Sauce of butter, flour and milk, add it to the corn, then fold in the beaten whites of eggs. Pour into greased baking dishes and cook in a moderate oven.

	Protein	Total
Calories in recipe	870	6,473
Calories in one portion.....	17	129

Corn Fritters I

(150 Fritters)

4 quarts fresh corn pulp	$\frac{1}{3}$ cup salt	
1 cup flour	3 tablespoons sugar	
12 eggs	$\frac{1}{4}$ pound butter	
	1 teaspoon pepper	

Score each grain of corn by passing the ear of corn over the grater, and scrape all pulp from the grains. Add beaten eggs, flour, seasoning and melted butter. If the mixture is too thick, add enough milk to make the consistency of a thin batter. Bake on a slightly greased griddle.

	Protein	Total
Calories in recipe	797	5,775
Calories in one fritter	5	38

Corn Fritters II

(50 Portions)

4 pounds corn pulp	1 tablespoon salt
1 pint milk	2 tablespoons baking
8 eggs	powder
	1½ pounds flour

Use grated corn if possible. If ordinary canned corn must be used put it through the food chopper. Mix milk with beaten eggs, add to the corn, stir in the well-mixed dry ingredients and drop by spoonfuls into hot fat. Cook until brown. Drain on paper. Serve hot.

	Protein	Total
Calories in recipe	762	5,036
Calories in one portion.....	15	100

Creamed Carrots

(50 Portions)

8 pounds carrots, diced 4 quarts White Sauce I

Cook diced carrots in boiling, salted water, or steam in vegetable cooker until tender. Drain, add to white sauce with additional seasoning, if necessary.

	Protein	Total
Calories in recipe	592	6,441
Calories in one portion.....	12	129

Carrots and Peas

(50 Portions)

1 No. 10 can peas	$\frac{1}{2}$ pound butterine
4 pounds carrots, diced	$\frac{1}{2}$ teaspoon pepper
	1 tablespoon salt

Arrange alternate layers of cooked, diced carrots and peas in steamer pans, add melted butterine and seasoning. Reheat and serve.

	Protein	Total
Calories in recipe	526	3,366
Calories in one portion.....	11	67

Boiled Onions

(50 Portions)

18 pounds onions	2 teaspoons pepper
2½ tablespoons salt	$\frac{3}{4}$ pound butter

Put onions in cold water and remove skins while under water. Drain, put in saucepan and cover with boiling water; boil five minutes, drain, and

recover with boiling salted water. Cook slowly one hour, or until soft, but not broken. Drain and season with salt, pepper and butter.

	Protein	Total
Calories in recipe	536	4,832
Calories in one portion.....	11	96

Scalloped Onions

(50 Portions)

12 pounds onions 4 quarts White Sauce I
 2 quarts Buttered Crumbs

Cut onions in quarters. Place in buttered baking dish, cover with white sauce, sprinkle with crumbs and place on grate in oven until crumbs are brown.

	Protein	Total
Calories in recipe	899	9,235
Calories in one portion.....	18	185

Fresh Peas

(150 Portions)

2 bushels peas 1 pound butter
½ cup salt ¼ teaspoon pepper

Shell, wash and cook in boiling water until tender. Drain, season and serve.

	Protein	Total
Calories in recipe	7,334	31,600
Calories in one portion.....	49	211

Creamed Peas

(150 Portions)

6 No. 10 cans peas ¼ cup salt
6 quarts White Sauce I ¼ teaspoon pepper

Drain peas in colander, rinse in fresh water and place in saucepan; cover tightly and heat in steamer. Add white sauce to the hot peas; stir carefully to avoid breaking them.

	Protein	Total
Calories in recipe	3,275	17,961
Calories in one portion.....	22	120

Spinach

(150 Portions)

1 barrel spinach	$\frac{1}{2}$ pound butter
$\frac{1}{2}$ cup salt	1 teaspoon pepper
2½ dozen hard cooked eggs	

Remove roots, discarding wilted leaves; wash carefully to remove all sand, using four or five waters, if necessary.

Put three quarts of hot water and one-half cup salt into small steam cooker, add a part of the spinach, cook until leaves are tender, stirring occasionally; add remainder of spinach as soon as there is room for it in the cooker. When all is tender, drain thoroughly; chop in wooden bowl; reheat, season with pepper, melted butter, and salt, if needed. Garnish with slices of hard-cooked eggs.

One-half nutmeg grated into the water in which spinach is cooked gives a pleasant flavor.

Seven No. 10 cans spinach equivalent to one barrel of fresh spinach.

	Protein	Total
Calories in recipe	2,059	7,540
Calories in one portion.....	14	50

Summer Squash

(150 Portions)

2 baskets of squash	3 quarts White Sauce I
½ pound butter	½ cup salt

Wash, pare and cut squash into pieces; place in steamer basket and steam until tender. Pass through potato plunger into colander, drain, add seasoning and white sauce. Place in double boiler until served.

	Protein	Total
Calories in recipe	1,085	11,525
Calories in one portion.....	7	77

Stewed Tomatoes

(150 Portions)

5 No. 10 cans tomatoes	1 teaspoon soda
½ cup salt	1 pound butter
3 small onions	5 quarts bread crumbs
1 teaspoon pepper	¼ cup sugar

Cook tomatoes, salt and onion together several hours. Add the soda, pepper, sugar, butter and crumbs.

	Protein	Total
Calories in recipe.....	1,157	10,072
Calories in one portion.....	8	67

Scalloped Tomatoes

(150 Portions)

5 No. 10 cans tomatoes	Salt
5 quarts Buttered Crumbs	Pepper

Place the bread crumbs and tomatoes in alternate layers in baking dishes, having crumbs on

top. Season each layer of tomatoes with salt and pepper. Bake from thirty to forty-five minutes.

If fresh tomatoes are used, prepare them as for slicing; cut in pieces and cook until tender.

	Protein	Total
Calories in recipe.....	1,147	9,771
Calories in one portion.....	8	65

Stuffed Tomatoes

(50 Portions)

50 medium-sized tomatoes	2 tablespoons salt
1½ pounds uncooked rice	½ teaspoon pepper
or 3 quarts boiled rice	1 pound bread crumbs

6 onions ½ cup melted butter

Wipe tomatoes and remove thin slice from stem end. Take out seeds and pulp and drain off liquid. Sprinkle inside of tomatoes with salt, invert and let stand until the filling is ready. Chop onions very fine and cook in one-half of the melted butter until they are soft but not brown. Add remaining butter to one quart of the bread crumbs, with seasoning to taste, and reserve for spreading over the tops of the tomatoes. Add cooked onions, remainder of the crumbs and seasoning to the rice, tomato pulp and liquid, mix well and add more salt and pepper if required. Refill tomatoes, cover the tops with buttered crumbs, place in baking dish and bake about thirty minutes in a moderate oven.

	Protein	Total
Calories in recipe.....	665	6,191
Calories in one portion.....	13	124

Creamed Turnips

(150 Portions)

 $\frac{1}{2}$ bushel turnips 4 quarts White Sauce II

Wash and remove thick skin from turnips; cut into small pieces and pass through food chopper. Place in steamer basket and steam until tender. Turn into saucepan, add white sauce and more seasoning, if necessary.

	Protein	Total
Calories in recipe.....	710	8,521
Calories in one portion.....	5	57

ADDITIONAL RECIPES

185

XVIII

SALADS

Almost all kinds of meat, fish, vegetables and fruits may be mixed with a dressing and served as salads. It is essential to serve the salad cold and daintily garnished.

All salad plants, as celery, lettuce and watercress, should be carefully washed in cold water to free them from dust and insects. They should be allowed to stand in cold water for a while to become crisp. Shake the water from the leaves and dry them without bruising, using a clean towel or soft cheesecloth. Do not add the dressing until ready for serving, as it wilts the leaves.

Meat or fish should be cut into one-half inch dice, marinated with French Dressing and allowed to stand an hour before combining with the other parts of the salad. Mix with the Mayonnaise before serving. French Dressing is used with green vegetable salads and either Mayonnaise or French Dressing with potato or tomato salad.

For garnishing salads, highly-flavored materials, as olives, parsley, radishes and nasturtium leaves and blossoms, may be used; or materials of contrasting colors, as hard cooked eggs, lobster coral or pieces of beets and tomatoes; or some deli-

cate material as celery tips, hearts of lettuce, etc. Salads should always be tastefully garnished.

French Dressing

(1½ Quarts)

¼ cup salt	2 teaspoons onion extract
2 teaspoons pepper	1 quart olive oil
	1½ cups vinegar

Shake all together in a bottle.

	Protein	Total
Calories in recipe.....		8,164

Mayonnaise I

(2¾ Quarts)

1 tablespoon mustard	2 quarts olive oil
1 tablespoon salt	½ pint vinegar
1 teaspoon cayenne	¼ cup boiling water
Yolks of 8 eggs	Whites of 4 eggs

Mix mustard, salt and cayenne until well blended; add the yolks of the eggs, then add a few drops of oil, beating with egg beater or wooden spoon. When it thickens, add a little vinegar, then alternately the remainder of oil and vinegar. Add slowly the boiling water. Stir in beaten whites of eggs just before serving.

	Protein	Total
Calories in recipe.....	127	16,796
Calories in one quart.....	46	6,109

Mayonnaise II

(3 Quarts)

2 tablespoons powdered sugar	12 egg yolks
1 tablespoon salt	2 quarts olive oil
$\frac{1}{8}$ teaspoon cayenne	$\frac{1}{2}$ pint lemon juice
	$\frac{1}{2}$ pint heavy cream

Mix dry ingredients, add egg yolks, then add olive oil as in Mayonnaise I, using lemon juice instead of vinegar. Whip the cream and add to dressing when ready to serve. This dressing is preferred for fruit salads.

	Protein	Total
Calories in recipe.....	127	17,853
Calories in one quart.....	42	5,951

Mayonnaise III

(3 Quarts)

1 tablespoon mustard	12 hard-cooked egg yolks
$\frac{1}{4}$ teaspoon cayenne	6 raw egg yolks
2 tablespoons salt	2 $\frac{1}{2}$ quarts olive oil
	1 cup lemon juice

Mix mustard, cayenne and salt. Mash hard cooked egg yolks and add with raw egg yolks to seasoning, then proceed as in Mayonnaise I.

	Protein	Total
Calories in recipe.....	160	21,423
Calories in one quart.....	53	7,141

Boiled Dressing I

(4 Quarts)

2 $\frac{1}{2}$ quarts milk	$\frac{1}{4}$ cup mustard
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup sugar
4 cups vinegar	$\frac{1}{8}$ teaspoon cayenne
$\frac{1}{2}$ cup salt	15 eggs

Heat milk and butter in double boiler. Heat vinegar in a saucepan. Beat the eggs until thoroughly broken, add to the well-mixed dry ingredients; pour over these the hot milk and butter, stirring constantly. Place in double boiler and cook until it thickens, as for Soft Custard Sauce. Remove from the stove, add the heated vinegar, strain, cool and serve.

	Protein	Total
Calories in recipe.....	668	3,904
Calories in one quart.....	167	976

Boiled Dressing II

(3½ Quarts)

2 quarts milk	$\frac{1}{4}$ cup mustard
½ pound butter	$\frac{1}{2}$ cup sugar
3 cups vinegar	$\frac{1}{8}$ teaspoon cayenne
$\frac{1}{3}$ cup salt	15 eggs

Prepare as Boiled Dressing I.

	Protein	Total
Calories in recipe.....	613	4,462
Calories in one quart.....	175	1,274

Boiled Dressing III

(3½ Quarts)

6 tablespoons mustard	$1\frac{1}{2}$ cups vinegar
6 tablespoons flour	1 quart milk
2½ tablespoons salt	9 eggs
1 tablespoon sugar	$\frac{1}{4}$ pound butterine
	1 quart thin cream, whipped

Mix together all the dry ingredients, add beaten eggs, vinegar, milk and butterine and cook over

hot water until quite thick. When thoroughly chilled add the whipped cream. This dressing is specially nice for lettuce sandwiches.

Sour cream may be used instead of sweet cream. When this is done decrease the amount of vinegar used.

	Protein	Total
Calories in recipe.....	440	4,017
Calories in one quart.....	126	1,147

Chicken Salad I

(150 Portions)

25 fowls or 22½ quarts of meat	1 pint French Dressing 20 quarts celery
	8 quarts Mayonnaise I

Cut cold, steamed chicken in small pieces, discarding skin, and marinate with French dressing. When ready to serve, mix the meat with the celery which has been cut into small pieces. Mix with Mayonnaise I or III, or Boiled Dressing II, and serve on lettuce leaves.

	Protein	Total
Calories in recipe.....	11,788	75,969
Calories in one portion.....	79	506

Chicken Salad II

(150 Portions)

50 pounds fowl or 10 quarts diced meat 20 pounds shoulder of veal or 10 quarts diced meat	16 quarts celery 1 pint French dressing 8 quarts Mayonnaise I
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Prepare same as Chicken Salad I.

	Protein	Total
Calories in recipe.....	19,248	100,043
Calories in one portion.....	128	667

Salmon Salad

(50 Portions)

5 pounds canned salmon 1 tablespoon salt
 1½ quarts Mayonnaise I ½ teaspoon paprika
 6 heads lettuce

Drain salmon, remove bones and break fish into small pieces. Mix with the dressing and add more seasoning, if necessary. Serve on lettuce leaves.

	Protein	Total
Calories in recipe.....	1,908	11,677
Calories in one portion.....	38	234

Tuna Salad

(50 Portions)

8 No. 3 cans tuna fish 1½ teaspoons celery salt
 4 quarts diced celery 6 heads lettuce
 2 quarts Mayonnaise I

Drain fish and break into small pieces. Add celery, celery salt and mayonnaise. Serve arranged on bed of lettuce leaves.

	Protein	Total
Calories in recipe.....	2,035	18,112
Calories in one portion.....	41	362

Egg Salad

(50 Portions)

50 hard-cooked eggs 6 heads lettuce
 1½ quarts Mayonnaise I

Cut eggs in slices, arrange on bed of lettuce and garnish with mayonnaise dressing.

	Protein	Total
Calories in recipe.....	1,351	11,728
Calories in one portion.....	27	235

Devilled Egg Salad

(150 Portions)

12 dozen hard-cooked eggs	1 tablespoon pepper
2 tablespoons mustard	1 quart vinegar
6 tablespoons salt	18 heads lettuce
	2 $\frac{3}{4}$ quarts Mayonnaise I

Cut the eggs in halves lengthwise; remove yolks, mash them and add seasoning. Mix well and add vinegar. Form into balls and refill whites. Serve on bed of lettuce leaves garnished with mayonnaise.

	Protein	Total
Calories in recipe.....	3,846	27,337
Calories in one portion.....	26	182

Egg and Celery Salad

(150 Portions)

20 quarts chopped celery	$\frac{1}{4}$ cup salt
4 dozen hard-cooked eggs	$\frac{1}{2}$ tablespoonful celery salt
1 cup French Dressing	18 heads lettuce
	3 $\frac{1}{2}$ quarts Boiled Dressing II

Wash, scrape and cut stalks of celery in small pieces, mix with finely chopped eggs, seasoning and French dressing.

Serve on lettuce leaves with boiled dressing.

	Protein	Total
Calories in recipe.....	2,384	11,267
Calories in one portion.....	15	75

Pineapple and Cheese Salad

(50 Portions)

4 pounds pineapple	1 pint Mayonnaise I
¾ pound cheese, grated	6 heads lettuce

Cut fresh pineapple into half-inch slices, remove skin and eyes and cut slices into cubes, discarding the core.

Canned pineapple must be thoroughly drained from syrup. Mix with grated cheese and mayonnaise, chill and serve arranged on lettuce leaves.

	Protein	Total
Calories in recipe.....	512	7,602
Calories in one portion.....	10	152

Prune and Cheese Salad

(50 Portions)

3 pounds prunes	1½ teaspoon paprika
1¼ pounds cheese	6 heads lettuce
	1½ quarts Mayonnaise I

Wash and scald prunes, then soak in cold water until they have become softened. Drain and wipe dry. Split, remove stones and fill cavities with grated cheese to which paprika has been added. Arrange on lettuce leaves and garnish with mayonnaise.

	Protein	Total
Calories in recipe.....	887	14,344
Calories in one portion.....	18	287

Neufchatel Salad

(50 Portions)

2½ pounds Neufchatel cheese	6 heads lettuce
	10 small bunches radishes
	2¾ cups French Dressing

Cut the cheese in half-inch cubes and arrange on lettuce leaves. Garnish with radishes and serve with French dressing.

	Protein	Total
Calories in recipe.....	858	5,987
Calories in one portion.....	17	120

Potato Salad

(150 Portions)

45 pounds potatoes or 2 quarts chopped celery
 35 pounds, pared and cooked 2½ quarts Boiled Dressing II
 1 quart French Dressing 18 heads lettuce

Steam potatoes. When tender cut in half-inch cubes, marinate with French dressing and stand aside to cool. When thoroughly chilled add the celery and boiled dressing. Arrange on bed of lettuce. May be garnished with beets cut in small cubes or fancy shapes.

	Protein	Total
Calories in recipe.....	1,200	24,273
Calories in one portion.....	8	162

Cabbage and Nut Salad

(50 Portions)

4 quarts shredded cabbage 1 cup Boiled Dressing II
 ½ pound peanuts, chopped 3 cups Mayonnaise I
 6 heads lettuce

Shred cabbage and place in cheesecloth on ice to become crisp and thoroughly chilled. Mix with nuts, boiled dressing and mayonnaise. Serve on lettuce leaves.

	Protein	Total
Calories in recipe.....	470	6,314
Calories in one portion.....	9	126

Macedoine Salad

(50 Portions)

1 quart diced carrots	1 quart diced potatoes
1 quart peas	1 pint French Dressing
1 quart diced celery	1 pint Mayonnaise I
1 quart diced beets	6 heads lettuce

Marinate the vegetables which have been cooked and allowed to cool, with French dressing and let stand at least one hour. Mix with mayonnaise and serve arranged on lettuce leaves. Any left-over cold cooked vegetables may be used in this way.

	Protein	Total
Calories in recipe.....	360	6,977
Calories in one portion.....	7	140

Asparagus Salad

(50 Portions)

1 No. 10 can asparagus	1 1/4 quarts Mayonnaise I
1 can pimentoes	6 heads lettuce

Drain and rinse the pimentoes and the asparagus. Cut the pimentoes into one-half inch rings and place three stalks of asparagus in each ring. Serve on lettuce leaves with mayonnaise.

	Protein	Total
Calories in recipe.....	291	8,402
Calories in one portion.....	8	168

Sliced Tomato Salad

(50 Portions)

8 pounds tomatoes	6 heads lettuce
1 1/4 quarts Mayonnaise I	

Place tomatoes in a wire basket, plunge into boiling water and let stand twelve seconds. Remove immediately and chill in cold water. Remove the stems and skin. Cut in half-inch slices, arrange on lettuce leaves and serve with mayonnaise. Boiled Dressing II may be used.

	Protein	Total
Calories in recipe.....	256	8,317
Calories in one portion.....	5	166

Tomato and Celery Salad

(50 Portions)

5 pounds tomatoes	5 cups Mayonnaise I
1½ pound celery, chopped	6 heads lettuce

Blanch, chill and skin tomatoes. Cut in half-inch slices and arrange on lettuce leaves. Sprinkle tomatoes with the chopped celery and garnish with mayonnaise.

	Protein	Total
Calories in recipe.....	242	8,567
Calories in one portion.....	5	171

Cucumber and Tomato Salad

(50 Portions)

7 pounds tomatoes	6 heads lettuce
5 cucumbers	2½ cups French Dressing

Blanch, chill and skin tomatoes. Remove thick paring from cucumbers, cut in one-third inch dice and stand in cold, salted water. Cut tomatoes in half-inch slices, arrange on lettuce leaves and

sprinkle with the diced cucumber. Pour over the French dressing and serve.

	Protein	Total
Calories in recipe.....	209	4,329
Calories in one portion.....	4	87

Tomato Jelly Salad

(150 Portions)

3 gallons tomatoes	$\frac{1}{2}$ teaspoon cayenne
1 cup salt	1 onion
2 tablespoons cloves	2 carrots
3 tablespoons peppercorns	7 boxes gelatine
2 tablespoons allspice	Stock or water
2 tablespoons bay leaves	18 heads lettuce
2 tablespoons celery seed	2 $\frac{3}{4}$ quarts Mayonnaise I

Cook tomatoes, spices and vegetables together until all are tender. Strain, measure liquid, add it to the gelatine, which has been softened in three quarts of cold water. When gelatine has dissolved, add enough water or stock to make fifteen quarts of liquid. Pour into moulds which have been wet in cold water. Serve on lettuce leaves with mayonnaise.

	Protein	Total
Calories in recipe.....	2,231	21,227
Calories in one portion.....	15	142

Banana and Nut Salad

(50 Portions)

24 bananas	6 heads lettuce
12 ounced shelled peanuts	1 $\frac{1}{2}$ quarts Mayonnaise II

Peel and scrape bananas and roll in finely chopped nuts. Arrange on lettuce leaves and garnish with mayonnaise.

	Protein	Total
Calories in recipe	620	12,852
Calories in one portion.....	12	257

Fruit Salad I

(50 Portions)

1 dozen oranges	1 No. 10 can pineapple
1½ dozen bananas	6 heads lettuce
3 pounds Malaga grapes	1 cup French Dressing

Peel oranges and separate pulp from each section. Peel bananas and cut in one-fourth inch slices. Remove skins and seeds from the grapes. Drain syrup from the pineapple and cut it into pieces. Combine prepared ingredients, mix with French dressing and serve on lettuce leaves.

	Protein	Total
Calories in recipe.....	329	7,578
Calories in one portion.....	5	131

Fruit Salad II

(50 Portions)

5 oranges	4 pounds sliced pineapples
1 pound sliced peaches	1 quart Mayonnaise II
4 pounds diced bananas	6 heads lettuce

Prepare fruit as for Fruit Salad I. Combine ingredients and stand in refrigerator to become thoroughly chilled. When ready to serve drain from liquor, mix with mayonnaise and arrange on lettuce leaves.

	Protein	Total
Calories in recipe.....	268	11,475
Calories in one portion.....	5	229

Fruit Jelly Salad

(50 Portions)

5 packages raspberry Jell-O	$\frac{1}{2}$ cup lemon juice
2 $\frac{1}{2}$ quarts boiling water	2 cups English walnut meats
12 bananas	6 heads lettuce
	1 $\frac{1}{2}$ quarts Mayonnaise II

Dissolve the Jell-O in the boiling water and fill individual cups or moulds one-fourth full. Coarsely chop the bananas, sprinkle with lemon juice and add the walnut meats coarsely chopped. Put the mixture in the moulds and pour on remaining Jell-O when it is a cold liquid. Serve on lettuce leaves, with mayonnaise. The salad may be garnished with sliced banana and chopped nuts.

	Protein	Total
Calories in recipe.....	872	13,757
Calories in one portion.....	17	275

Apple and Raisin Salad

(50 Portions)

4 quarts diced apples	$\frac{1}{2}$ cup lemon juice
1 quart diced celery	1 quart Mayonnaise II
1 pound raisins	6 heads lettuce

Pare and dice apples and marinate with lemon juice. Wash, scrape and cut celery in half-inch dice. Wash raisins, cover with boiling water, let stand five minutes, drain and dry. When ready to serve combine apples, celery, raisins and mayonnaise and arrange on bed of lettuce.

	Protein	Total
Calories in recipe.....	201	8,896
Calories in one portion.....	4	178

Waldorf Salad

(50 Portions)

4 quarts apples	1 cup English walnut
2 quarts celery	meats
6 heads lettuce	$\frac{1}{2}$ cup lemon juice
	1 pint Mayonnaise II

Cut apples and celery into one-half inch pieces before measuring. Dry celery between towels and marinate apples with the lemon juice. Just before serving, combine celery, apples, broken nut meats and dressing. Serve on lettuce leaves. This salad may also be served in apple cups, made by removing the tops from red apples and scooping out the inside pulp, leaving just enough adhering to the skin to keep the apples in shape. Refill apples with the salad and serve on a bed of lettuce leaves.

	Protein	Total
Calories in recipe.....	250	5,800
Calories in one portion.....	5	116

Cole Slaw

(150 Portions)

9 medium-sized heads of cabbage	10 quarts Boiled Dressing I
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Select solid, heavy heads of cabbage, remove outer leaves and cut in quarters. Wash thoroughly. Shave the cabbage very fine with vegetable cutter. Pour hot boiled dressing over it and mix thoroughly. Serve cold.

	Protein	Total
Calories in recipe.....	2,128	11,930
Calories in one portion.....	14	80

Sliced Cucumbers

(150 Portions)

Cut thick slices from both ends and remove thick paring from four dozen cucumbers, cut in thin slices and let stand in cold, salted water. Drain, season with salt and pepper and serve with vinegar and crushed ice.

To Mix Mustard

To one cup of dry mustard add gradually one-half cup cold water, or one-half water and one-half vinegar. Stir until a smooth paste.

Ripe Tomato Catsup

1 peck ripe tomatoes	$\frac{3}{4}$ cup white mustard seed
4 roots horseradish	$\frac{1}{2}$ cup whole cloves
4 green peppers	$1\frac{1}{2}$ cups salt
4 onions	1 tablespoon black pepper
1 pint green nasturtium seed	$1\frac{1}{2}$ cups sugar
$\frac{1}{2}$ cup celery seed	2 tablespoons ground cinnamon
$\frac{3}{4}$ cup black mustard seed	2 quarts vinegar

Scald and peel the tomatoes, chop fine and drain off the liquid. Scrape and grate the horseradish. Peel the onions, remove the seeds from the peppers, and put both through the food chopper. Mix all the ingredients together, put in a stone jar and cover. This uncooked mixture should stand a week before using, but will keep a year. The addition of one pint chopped celery improves the flavor. Serve as a relish.

Philadelphia Relish

(50 Portions)

2 quarts chopped cabbage (two heads)	1 teaspoon celery seed
2 green peppers	1 teaspoon whole mustard seed
2 red peppers	1 pint vinegar

Remove seeds and chop the peppers. Mix celery seed and mustard seed with the finely chopped cabbage and add the peppers and vinegar. Mix all together thoroughly and put into stone or glass jars. Cover and keep until used. Serve with oysters and meats.

	Protein	Total
Calories in recipe.....	58	279
Calories in one portion.....	1	6

ADDITIONAL RECIPES

205

XIX

SANDWICHES

Sandwiches for service with a salad or with afternoon tea are much smaller and less substantial than those prepared for the school luncheon; but for all purposes they should be carefully made and attractively served.

Bread for sandwiches should be of fine grain and twenty-four hours old. Select a square loaf, cut off the crust and make the loaf a good shape before cutting the slices. If butter is to be used, it should be creamed and spread on the loaf, then cut in very thin slices and spread with the mixture used. Put two pieces of bread together and cut into shape desired.

For luncheon sandwiches, use the large sandwich loaves, and do not remove the crusts. A bread cutter is a great saver of time and material, if it is properly adjusted and carefully used.

The crumbs which collect around the cutter may be used to thicken soups or dried for fine bread crumbs.

Sandwiches may be made some time before they are used, and may be kept fresh by covering with a damp cloth or wrapping them in paraffin paper.

Club Sandwiches

(50 Sandwiches)

2½ pounds cold roast chicken	1 pound bacon
	5 heads lettuce
1½ pounds cold, boiled ham	1 quart Mayonnaise I

100 slices toast

Spread a slice of bread with mayonnaise and cover with lettuce. Arrange on lettuce a slice of chicken, boiled ham, and bacon, which has been cooked until crisp and brown. Cover with lettuce and another slice of bread spread with mayonnaise.

	Protein	Total
Calories in recipe.....	4,290	24,567
Calories in one sandwich....	86	491

Chicken Sandwich

(50 Sandwiches)

3 pounds chopped chicken meat	1 teaspoon cayenne
	1 cup Mayonnaise I
2 tablespoons chopped parsley	8 ounces butter
2 teaspoons salt	100 slices bread

2 heads lettuce

Mix the first five ingredients and spread on the bread, add shredded lettuce, cover with buttered slice of bread and press lightly together.

	Protein	Total
Calories in recipe.....	4,025	19,187
Calories in one sandwich....	80	384

Hot Roast Beef Sandwiches

(150 Sandwiches)

25 pounds top round 300 slices bread
 18 quarts Roast Beef Gravy

Roast meat as for Roast Beef. Place slices of hot roast beef between slices of unbuttered bread, pour hot gravy over sandwich and serve at once.

	Protein	Total
Calories in recipe.....	12,827	78,989
Calories in one sandwich....	86	526

Tongue Sandwiches

(50 Sandwiches)

2½ pounds cold boiled tongue 12 ounces butter
 100 slices bread

Cut tongue into thin slices and place it between slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,910	13,009
Calories in one sandwich....	38	260

Minced Tongue Sandwiches

(50 Sandwiches)

2 pounds cold boiled tongue 2 cups Mayonnaise I
 100 slices bread

Put tongue through the food chopper. Mix well with mayonnaise and spread on slices of unbuttered bread.

	Protein	Total
Calories in recipe.....	1,743	12,426
Calories in one sandwich....	35	249

Ham Sandwiches

(50 Sandwiches)

2½ pounds cold boiled ham 12 ounces butter
 100 slices bread

Cut ham into thin slices and place between slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,942	12,862
Calories in one sandwich....	39	257

Minced Ham Sandwiches

(50 Sandwiches)

2 pounds cold boiled ham 6 ounces butter
 1 pint Boiled Dressing II 100 slices bread

Put ham through the food chopper. Mix well with the dressing and spread on slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,840	11,550
Calories in one sandwich....	37	231

Hot Bacon Sandwiches

(50 Sandwiches)

4 pounds bacon 100 slices bread

Cut bacon in thin slices and cook until it is crisp and brown. Place at once between slices of unbuttered bread.

	Protein	Total
Calories in recipe.....	1,790	18,388
Calories in one sandwich....	36	368

Sardine Sandwiches I

(50 Sandwiches)

3 $\frac{1}{2}$ pounds sardines	6 ounces butter
$\frac{1}{3}$ cup lemon juice	100 slices bread

Cut sardines in half, sprinkle with lemon juice and place between slices of buttered bread.

	Protein	Total
Calories in recipe.....	2,584	12,989
Calories in one sandwich....	52	260

Sardine Sandwiches II

(50 Sandwiches)

3 cans sardines	$\frac{1}{3}$ cup lemon juice
9 hard-cooked eggs	$\frac{3}{4}$ cup olive oil
1 tablespoon salt	6 ounces butter
Cayenne	100 slices bread

Remove skin and bones from sardines and chop fine. Add to hard cooked eggs which have been put through food chopper. Season with salt, cayenne and lemon juice, and moisten with olive oil. Spread on slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,803	17,339
Calories in one sandwich....	36	347

Sardine and Olive Sandwiches

(50 Sandwiches)

3 cans sardines	$\frac{3}{4}$ cup Boiled Dressing II
1 cup stuffed olives	6 ounces butter
	100 slices bread

Remove skin and bones from sardines and chop fine. Put olives through food chopper and add to sardines. Add the dressing, mix well and spread on slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,623	10,326
Calories in one sandwich....	32	207

Salmon Sandwiches

(50 Sandwiches)

3 one-pound cans salmon 6 ounces butter
 1 pint Boiled Dressing II 100 slices bread

Drain, bone and pick salmon apart with a silver fork. Add dressing, mix well and spread on slices of buttered bread.

	Protein	Total
Calories in recipe.....	2,219	9,877
Calories in one sandwich....	44	198

Egg Sandwiches I

(50 Sandwiches)

2 dozen hard-cooked eggs	$\frac{1}{4}$ teaspoon pepper
2 ounces butter	1 pint hot milk
2 ounces flour	6 ounces butter
2 teaspoons salt	100 slices bread

Put the eggs through food chopper. Make White Sauce of butter, flour, seasoning and milk. Mix with the chopped eggs and add more seasoning, if necessary. Spread between slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,651	11,611
Calories in one sandwich....	33	232

Egg Sandwiches II

(50 Sandwiches)

2 dozen hard-cooked eggs	Cayenne
$\frac{3}{4}$ pound butter	6 ounces butter
2 teaspoons salt	100 slices bread

Put the eggs through food chopper and add softened butter and seasoning. Spread mixture between slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,552	12,134
Calories in one sandwich....	31	243

Peanut Sandwiches

(50 Sandwiches)

1 pound peanut paste	$\frac{1}{2}$ cup cream
	100 slices bread

Add cream to peanut paste, mix well and spread between slices of unbuttered bread.

	Protein	Total
Calories in recipe.....	1,555	10,012
Calories in one sandwich....	31	200

Cheese Sandwiches

(50 Sandwiches)

3 pounds cheese	2 teaspoons salt
$1\frac{1}{2}$ cups cream	Cayenne
3 tablespoons chopped parsley	6 ounces butter
	100 slices bread

Put cheese through the food chopper, add seasoning, chopped parsley and cream. Mix well and spread between slices of buttered bread.

	Protein	Total
Calories in recipe.....	2,621	14,933
Calories in one sandwich....	52	299

Olive and Cheese Sandwiches

(50 Sandwiches)

1½ pounds stuffed olives	3 cups Boiled Dressing II
2 pounds Neufchatel cheese	6 ounces butter
	100 slices bread

Chop the olives and mix with cheese. Moisten with dressing and spread between slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,863	14,211
Calories in one sandwich....	38	284

Olive Sandwiches I

(50 Sandwiches)

½ gallon olives	6 ounces butter
1 quart Mayonnaise I	100 slices bread

Cut the meat from olive stones and put through food chopper. Mix with mayonnaise and spread on buttered slices of bread.

	Protein	Total
Calories in recipe.....	1,086	16,239
Calories in one sandwich....	21	325

Olive Sandwiches II

(50 Sandwiches)

½ gallon stuffed olives	6 ounces butter
1 pint Mayonnaise I	100 slices bread

Pass olives through the food chopper. Mix with mayonnaise. Spread the mixture between slices of buttered bread.

	Protein	Total
Calories in recipe.....	1,094	14,446
Calories in one sandwich....	22	289

Lettuce Sandwiches

(50 Sandwiches)

6 heads lettuce 12 ounces butter
 1 quart Boiled Dressing II 100 slices bread

Have the lettuce crisp and thoroughly dried.
 Place between slices of buttered bread and spread
 lettuce with the boiled dressing.

	Protein	Total
Calories in recipe.....	1,261	11,148
Calories in one sandwich....	25	223

Shredded Lettuce Sandwiches

(50 Sandwiches)

4 heads lettuce 6 cups Boiled Dressing III
 100 slices bread

Shred lettuce and mix with the dressing. Spread
 on slices of unbuttered bread. This is a satisfac-
 tory way of using the outer leaves of lettuce.

	Protein	Total
Calories in recipe.....	1,246	8,957
Calories in one sandwich....	25	179

Cucumber and Lettuce Sandwiches

(50 Sandwiches)

6 cucumbers 3 cups Mayonnaise I
 4 heads lettuce 100 slices bread

Wash and dry the lettuce. Pare, slice and soak
 the cucumbers in salt water one hour, drain and
 dry. Spread the sliced bread with mayonnaise,
 tear lettuce in small pieces and place with the

cucumber on the bread, cover with another slice of bread spread with mayonnaise. Press together lightly.

	Protein	Total
Calories in recipe.....	1,131	11,471
Calories in one sandwich....	23	229

Watercress Sandwiches

(50 Sandwiches)

2 pounds watercress 12 ounces butter
 1 pint Mayonnaise I 100 slices bread

Prepare the same as lettuce sandwiches.

	Protein	Total
Calories in recipe.....	1,082	12,505
Calories in one sandwich....	21	250

Sweet Sandwiches

Spread Fruit Filling, Orange or Grape Fruit Marmalade, Lemon Butter or any kind of fruit jam, between slices of buttered bread. A few finely chopped English walnut meats may be added, if desired.

Butter Balls

Scrub butter paddles with white soap and boiling water, rinse in clear boiling water, and chill in ice water. This should be done thirty minutes before paddles are to be used.

Keep butter in covered vessel, in a cold place. With a piece of paraffin or rice paper over the

blade of a knife, cut each half-pound of butter into sixteen pieces of equal size. To form the balls, shake water from paddles, hold one paddle firmly in the left hand, and roll each piece until round with the paddle in the right hand. In skilled hands a variety of shapes may be made.

To save the time and labor of making butter balls for the institution family, a butter cutter adjusted to cut a pound of butter into square individual portions may be used.

Pieces of butter taken from butter chips should be washed in cold water, using the paddles, and placed in covered stone jar, to be used for cooking purposes.

ADDITIONAL RECIPES

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XX

DESSERTS

Junket

(150 Portions)

18 quarts milk	18 rennet tablets dissolved in
3 pounds sugar	1 cup cold water
	6 tablespoons vanilla

Heat milk until lukewarm, add sugar and when dissolved stir in vanilla and dissolved rennet. Pour at once into glasses or custard cups and let stand in a warm place until firm. Sprinkle with grated nutmeg if desired, and place in refrigerator to chill. Coffee extract may be used in place of vanilla.

	Protein	Total
Calories in recipe.....	2,154	16,746
Calories in one portion.....	14	112

Cup Custards

(150 Cups)

15 quarts milk	4 teaspoons salt
5 dozen eggs	5 tablespoons vanilla
4 pounds sugar	Nutmeg

Beat eggs slightly, add sugar, salt and very slowly the hot milk and vanilla. Strain and pour into cups. Sprinkle with nutmeg, set in a pan of

warm water and bake in a moderate oven until firm. Do not allow the water to reach boiling point. Custards may also be cooked in a steamer over gently boiling water.

	Protein	Total
Calories in recipe.....	3,162	20,453
Calories in one portion.....	21	136

Floating Island

(150 Portions)

15 quarts milk	6 cups sugar
3 teaspoons salt	6 dozen yolks of eggs
	5 tablespoons vanilla

MERINGUE

6 dozen whites of eggs	6 cups powdered sugar
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Heat the milk in a double boiler. Beat the yolks of eggs until light and add the salt and sugar. Add gradually the hot milk, pour into double boiler and cook, stirring slowly and constantly until the custard thickens. When done it will form a coating on the spoon. Remove at once from the double boiler, cool, strain and flavor.

If the custard curdles, place the cooker in cold water and beat until smooth.

Beat the whites of eggs until light, add the powdered sugar gradually and continue to beat until the meringue is stiff and fine grained. When the custard is cold, drop the meringue on it in spoonfuls and serve very cold.

	Protein	Total
Calories in recipe.....	3,546	24,127
Calories in one portion.....	24	161

Chocolate Custard

(150 Portions)

15 quarts whole milk	3 teaspoons salt
1 pound chocolate	3 tablespoons vanilla
Yolks of 6 dozen eggs	Whites of 6 dozen eggs
4 pounds sugar	6 cups powdered sugar

Melt chocolate in a double boiler, add the heated milk gradually, then proceed as for Floating Island.

	Protein	Total
Calories in recipe.....	3,780	28,713
Calories in one portion.....	25	191

Tapioca Custard

(150 Portions)

8 cups pearl tapioca	32 eggs beaten separately
6 quarts cold water	4 pounds sugar
10 quarts milk	3 tablespoons vanilla
5 teaspoons salt	3 tablespoons lemon extract

Soak tapioca over night in the cold water. Heat milk in a double boiler and add the soaked tapioca and water. Cook until tapioca is clear. Pour over the beaten yolks of eggs to which have been added the salt and sugar, return to double boiler and cook as Floating Island custard. When custard is cooked, pour slowly over the beaten whites of the eggs, stir until mixed, flavor and serve hot or cold, as desired.

	Protein	Total
Calories in recipe.....	2,004	22,118
Calories in one portion.....	13	147

Rice Custard

(150 Portions)

10 quarts milk	3 pounds sugar
6 quarts water	3 tablespoons salt
5 pounds rice	3 tablespoons vanilla
3 dozen eggs	3 tablespoons lemon extract

Cook rice in milk and water in a double boiler and proceed as for Tapioca Custard.

	Protein	Total
Calories in recipe.....	2,580	19,710
Calories in one portion.....	17	131

Banana Custard

(150 Portions)

60 bananas	8 quarts Soft Custard Sauce
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Slice bananas and pour custard over them.

	Protein	Total
Calories in recipe.....	1,631	15,179
Calories in one portion.....	10	101

Chocolate Bread Pudding

(150 Portions)

10 quarts milk, scalded	3 pounds sugar
3 quarts water	3 tablespoons vanilla
10 quarts bread crumbs	3 teaspoons salt
3 dozen eggs	1 pound chocolate

Melt chocolate in double boiler, add to it about three quarts of the milk, stir and cook over the fire until smooth. Crumb the bread and add the hot water and one-half the remaining milk. Beat eggs, add sugar, salt, remaining milk and the

chocolate mixture, and pour over the softened bread. Add vanilla, pour into baking dishes. Bake in a moderate oven until custard is firm and the surface brown.

	Protein	Total
Calories in recipe.....	3,101	22,649
Calories in one portion.....	21	151

"Wm. Penn" Pudding

(150 Portions)

12 quarts milk	3 teaspoons salt
1½ pounds cornstarch	3 pounds sugar
1½ dozen eggs	2 tablespoons vanilla

Moisten cornstarch with some of the cold milk, heat remainder of milk in a double boiler and add cornstarch mixture to it, stirring constantly until it thickens. Cook one and one-half hours. Beat eggs, add sugar and salt, and very slowly the hot mixture. Return to double boiler, for a few minutes, to cook the eggs, stirring all the time. Remove from the fire, add vanilla and pour into moulds. When cold, serve with once the recipe of Chocolate Sauce II.

	Protein	Total
Calories in recipe.....	1,849	16,160
Calories in one portion.....	12	108

Chocolate Pudding I

(150 Portions)

13 quarts milk	3 pounds sugar
1 pound chocolate	4 teaspoons salt
5 cups cornstarch	Whites of 2 dozen eggs

Heat milk in a double boiler. Mix cornstarch, sugar and salt together, and add gradually the hot milk. Cook over hot water for one hour. Melt chocolate in a double boiler and add one cup boiling water. Cook over the fire until perfectly smooth, and add to the cornstarch mixture just before taking from the fire. Beat eggs until stiff, add the hot mixture slowly, stirring constantly; add vanilla, pour into moulds and chill. Serve with cream.

	Protein	Total
Calories in recipe.....	2,087	19,950
Calories in one portion.....	14	131

Chocolate Pudding II

(150 Portions)

14 quarts milk	3 pounds sugar
3 cups cocoa	1½ pounds cornstarch
1½ quarts cold water	1½ quarts cold milk

Heat milk in double boiler. Mix cocoa with the cold water and cook directly over the fire for ten minutes; add sugar and pour into the hot milk. Mix cornstarch with the cold milk, and add to the hot milk. Stir constantly until the mixture thickens, and continue cooking over boiling water for one hour. Serve with plain or whipped cream or a meringue.

	Protein	Total
Calories in recipe.....	2,149	19,316
Calories in one portion.....	14	129

Blanc Mange

(150 Portions)

12 quarts scalded milk	3 teaspoons salt
6 cups cornstarch	6 cups cold water
3 pounds sugar	Whites of 12 eggs
	$\frac{1}{4}$ cup vanilla

Mix cornstarch, sugar and salt together, add cold water gradually, stirring until smooth. Pour slowly into the scalded milk, stir until the mixture thickens. Cook three hours in double boiler. Beat the eggs, add the hot mixture slowly, stirring constantly, add vanilla, mould and chill. Serve with once the recipe of Soft Custard Sauce, Chocolate Custard Sauce or with cream.

	Protein	Total
Calories in recipe.....	1,585	18,028
Calories in one portion.....	11	120

Orange Blanc Mange

(150 Portions)

1½ pounds cornstarch	Juice of 12 oranges
3 pounds sugar	Juice of 6 lemons
3 teaspoons salt	9 oranges, sliced
9 quarts boiling water	1½ dozen whites of eggs

Mix cornstarch, sugar and salt, add boiling water and stir over the fire until it becomes clear. Place in double boiler and cook three hours. Remove, add fruit and juice, pour slowly over the beaten eggs and stir until well mixed. When cold, serve with once the recipe of Soft Custard Sauce, or cream.

	Protein	Total
Calories in recipe.....	274	9,036
Calories in one portion.....	3	90

Prune Pudding

(150 Portions)

8 pounds uncooked prunes	6 cups cold water
Cold water to cover prunes	1 cup lemon juice
2 pounds cornstarch	White of 1½ dozen eggs
3 pounds sugar	12 quarts hot water, in-
1 tablespoon salt	cluding prune juice

Wash, soak and cook prunes. Remove the stones, measure the juice and add enough hot water to make twelve quarts. Mix cornstarch, sugar and salt, moisten with cold water, add hot water, and cook directly over the fire until thick, stirring constantly, then over boiling water for three hours. Add the lemon juice and pour gradually over the beaten whites of the eggs; stir in the prunes, pour into moulds wet in cold water. Serve cold with Soft Custard Sauce.

	Protein	Total
Calories in recipe.....	484	18,314
Calories in one portion.....	3	122

Apple Tapioca Pudding

(150 Portions)

2 quarts pearl tapioca	8 pounds sugar
6 quarts cold water	9 lemons
12 quarts boiling water	1 basket of apples

Pick over, wash and soak the tapioca in the cold water several hours; add boiling water, and cook in double boiler until tapioca is transparent; then add sugar. Pare apples, cut in halves and core; or core, pare and cut in horizontal slices one-half inch thick, place in baking dishes and pour

over them the cooked tapioca. Slice the lemons into each dish and bake in a moderate oven until the apples are tender. Serve cold with plain or whipped cream.

	Protein	Total
Calories in recipe.....	156	26,087
Calories in one portion.....	1	174

Fruit Tapioca I

(150 Portions)

2 quarts pearl tapioca	2 cups cranberry juice
6 quarts cold water	6 cups peaches
10 quarts boiling water	2 pounds Malaga grapes
2 quarts peach syrup	2 dozen oranges
10 pounds sugar	2 dozen apples

Soak and cook the tapioca as for Apple Tapioca Pudding. Cut the canned peaches in small pieces, grapes in halves and remove seeds, pare, slice and cut apples in narrow slices or wedge-shaped pieces, shred oranges, stir all into the cold tapioca. Serve with plain or whipped cream.

Candied cherries, raisins, fresh strawberries or other fruit may be used.

	Protein	Total
Calories in recipe.....	241	29,725
Calories in one portion.....	2	198

Fruit Tapioca II

(150 Portions)

10 quarts fruit juice and water	1½ quarts cold water
	3 pounds sugar
2 pounds granulated tapioca	1 No. 10 can pineapple
	1 No. 10 can cherries
	2 quarts sliced bananas

Heat water and fruit juice to the boiling point. Moisten tapioca in cold water then stir into the hot liquid. Cook in double boiler until clear. Add sugar before removing from heat. When slightly cooled add the fruit. Pour into moulds and chill. Serve with Soft Custard Sauce or Whipped Cream II.

	Protein	Total
Calories in recipe.....	255	16,754
Calories in one portion.....	2	112

Baked Rice Pudding I

(150 Portions)

20 quarts milk	3 pounds sugar
3 pounds rice	4 pounds raisins
	3½ teaspoons salt

Wash the rice and remove all foreign substances. Place equal proportions of rice, sugar, raisins, salt and milk in three-quart baking dishes. Bake in a slow oven, stirring occasionally, until the rice is tender and the pudding is of a creamy consistency. Serve either hot or very cold.

	Protein	Total
Calories in recipe.....	3,018	29,027
Calories in one portion.....	20	194

Baked Rice Pudding II

(150 Portions)

3 quarts milk	1 cup sugar
½ cup rice	1 tablespoon vanilla
	⅛ teaspoon cinnamon

Place the above proportions in each one of seven baking pans. Bake in a slow oven, stirring occasionally, until the rice is tender and pudding is of creamy consistency. Allow to brown lightly on top before taking from the oven.

	Protein	Total
Calories in recipe.....	2,949	24,310
Calories in one portion.....	20	162

“Southron” Cream

(150 Portions)

5 pounds rice	4 quarts double cream
3 pounds sugar	Vanilla to taste
	3 pounds canned pineapple

Boil the rice in slightly salted water until tender. Drain, cool, add sugar and vanilla; if the mixture seems solid, moisten with one quart of milk. Lightly fold in the whipped cream. Garnish with pieces of pineapple.

	Protein	Total
Calories in recipe.....	1,067	29,301
Calories in one portion.....	7	195

Apple Snow

(150 Portions)

20 pounds apples	4 pounds powdered sugar
Whites of 3 dozen eggs	Juice of 8 lemons

Cook apples until tender, but not broken. Drain off water and press apples through a strainer; cool, add lemon juice and chill. Make Meringue of

whites of eggs and sugar, add apple pulp gradually and beat until stiff. Serve at once with cream or Soft Custard Sauce.

	Protein	Total
Calories in recipe.....	555	11,998
Calories in one portion.....	4	80

Apricot Whip

(150 Portions)

10 pounds dry apricots 5 pounds sugar
Whites of 2½ dozen eggs

Wash, soak, cook and sweeten apricots as for Stewed Apricots. Strain. Beat whites of eggs very light, add strained fruit gradually, beat until thick and smooth. Serve very cold with Soft Custard Sauce.

	Protein	Total
Calories in recipe.....	1,223	22,053
Calories in one portion.....	8	147

Prune Whip

(150 Portions)

12 pounds prunes Whites of 2½ dozen eggs
5 pounds sugar 2 tablespoons lemon extract

Wash, soak, cook and sweeten fruit. Remove the stones and strain. Proceed as for Apricot Whip.

	Protein	Total
Calories in recipe.....	733	22,449
Calories in one portion.....	5	150

Scalloped Apples

(150 Portions)

20 quarts chopped apples	12 quarts Buttered Crumbs
10 cups brown sugar	$\frac{1}{2}$ cup cinnamon

Pare apples, wash and chop. Mix sugar and cinnamon, cover bottom of baking dish with buttered crumbs, then add a layer of apples, then one of sugar and cinnamon, another layer of crumbs, apples, sugar and lastly, crumbs; always having three layers of crumbs and two of apples. Serve hot with Lemon or Hard Sauce.

	Protein	Total
Calories in recipe.....	1,184	24,458
Calories in one portion.....	8	163

Apricot Short Cake

(50 Portions)

4 pounds canned apricots	1 cup sugar
6 pounds sugar	3 ounces baking powder
2 quarts water	4 teaspoons salt
2 quarts apricot juice	4 eggs
4 pounds flour	1 pound butter
	1 quart milk

The apricots should be weighed after having been drained from juice. Make a syrup by boiling six pounds of sugar and two quarts of water fifteen minutes; remove from fire, add apricot juice gradually, beating constantly until well blended.

FOR BISCUIT

Mix and sift together flour, sugar, baking powder and salt. Work in shortening with tips of

fingers, add egg well beaten, and milk. Toss on floured board and roll to three-fourths inch in thickness. Cut with a biscuit cutter about three inches in diameter, or in squares, and bake in hot oven fifteen minutes. Split biscuit, place fruit on lower half, cover with upper half and pour over it the syrup. Garnish with apricots and whipped cream, if desired. Other canned fruits or fresh berries may be used instead of apricots.

	Protein	Total
Calories in recipe.....	1,235	27,902
Calories in one portion.....	25	558

Raisin Pudding

(150 Portions)

6 pounds sugar	6 tablespoons cinnamon
3 quarts water	6 pounds raisins
2 tablespoons salt	2 tablespoons baking soda
6 ounces butterine	4½ pounds flour
	3 tablespoons baking powder

Mix first six ingredients and boil five minutes. Moisten baking soda with a little water and stir into mixture when it has cooled slightly. Sift baking powder with flour and add to mixture after it has cooled. Bake in gingerbread pans lined with greased paper. Cut in squares and serve with whipped cream.

	Protein	Total
Calories in recipe.....	1,197	29,007
Calories in one portion.....	8	194

Steamed Apple Pudding

(150 Portions)

12 quarts flour	2 quarts water
2 cups baking powder	2 quarts milk
$\frac{1}{4}$ cup salt	2 pecks apples, chopped
3 cups butter or lard	3 teaspoons cinnamon
	6 cups brown sugar

Mix as for Baking Powder Biscuit, divide dough into six portions, roll one-half inch thick, keeping the piece nearly square; cover with chopped apples and sprinkle with one-half teaspoon cinnamon and one cup brown sugar to each square. Roll as cinnamon bun; close both ends of the roll and place on end in a well-greased brown bread tin. Steam four hours or longer. Serve with Lemon or Hard Sauce.

	Protein	Total
Calories in recipe.....	2,832	34,677
Calories in one portion.....	19	231

Cranberry Pudding

(150 Portions)

1½ pounds butter	9 pounds flour
5 pounds sugar	1 cup baking powder
2 dozen eggs	3½ quarts milk
	4 quarts cranberries

Cream the butter, add sugar and beaten eggs. Sift flour and baking powder together and add alternately with the milk to the first mixture. Clean and cut the cranberries in halves, stir into the mixture and steam three or four hours in

greased moulds, or bake in greased muffin pans.
Serve with cream or Lemon Sauce.

	Protein	Total
Calories in recipe.....	2,858	33,494
Calories in one portion.....	19	223

Steamed Bread Pudding

(150 Portions)

2 pounds sifted flour	7 pounds bread crumbs
½ cup baking powder	Yolks of 18 eggs
2 grated nutmegs	7 quarts milk
2 tablespoons cinnamon	Juice of 6 lemons
½ tablespoon mace	Rind of 4 lemons
½ tablespoon allspice	Whites of 18 eggs
2 tablespoons salt	4½ pounds raisins
3 pounds brown sugar	3½ pounds currants
1 pound chopped suet	1 pound flour

Mix suet and bread crumbs; combine with the first eight ingredients, which have been thoroughly mixed, add milk to the beaten yolks of the eggs, and stir this into the dry ingredients. Add lemon juice and rind. Clean raisins and currants, dredge with flour and add to mixture, then fold in beaten whites. Steam five or six hours in covered tins. Serve hot with Hard Sauce.

	Protein	Total
Calories in recipe.....	3,509	39,226
Calories in one portion.....	23	262

Hartford Pudding

(150 Portions)

9 pounds brown sugar	3 pounds Steamed Brown
5 pounds sifted flour	Bread crumbs
6 teaspoons cinnamon	3 pounds chopped suet
½ cup salt	6 quarts sweet milk
½ cup soda	8 pounds currants
4 nutmegs grated	6 pounds raisins
	1 pound sifted flour

Mix and cook as Steamed Bread Pudding. Serve with Hard Sauce.

	Protein	Total
Calories in recipe.....	3,118	63,305
Calories in one portion.....	21	422

Plum Pudding

(150 Portions)

2 pounds browned flour	1 cup lemon juice
4 tablespoons cinnamon	Yolks of 4 dozen eggs
2 tablespoons allspice	4 pounds currants
2 tablespoons mace	5½ pounds raisins
4 pounds brown sugar	1 pound citron
1½ pounds bread crumbs	½ pound orange peel
2½ pounds suet	½ pound lemon peel
2 cups currant jelly	1½ pounds almonds
2 cups grape juice	1 pound sifted flour
	Whites of 4 dozen eggs

Mix and cook as Steamed Bread Pudding. Serve with Hard or Lemon Sauce.

	Protein	Total
Calories in recipe.....	3,306	49,063
Calories in one portion.....	22	327

DESSERTS PREPARED WITH GELATINE

General Rules

If possible, soak gelatine in cold water until it is softened; the boiling water then dissolves it. It should be covered with a cloth while soaking.

If gelatine must be softened quickly, pour cold water over the gelatine and heat over boiling water until it dissolves.

The cloth through which jellies are strained should be wet in hot water.

If jellies are to be moulded, the moulds should be wet with cold water.

Jellies should be placed near the ice to harden, but may be hardened quickly by surrounding with ice water.

One-half box of Nelson's gelatine equals one box of Cox's gelatine. One tablespoon granulated gelatine equals one-fourth box of Nelson's gelatine. The amounts here given are for granulated gelatine.

Lemon Jelly I

(150 Portions)

6 boxes granulated gelatine	Grated rind of 6 oranges
4 quarts cold water	3 cups orange juice
4 quarts boiling water	3 cups lemon juice
5 pounds sugar	Grated rind 12 lemons
	7 quarts cold water

Soften the gelatine in cold water, add grated rind, dissolve in boiling water, add sugar, fruit

juice and remainder of water. Strain through cheesecloth, chill and serve with Soft Custard Sauce or cream.

	Protein	Total
Calories in recipe.....	1,265	10,933
Calories in one portion.....	8	73

Lemon Jelly II

(150 Portions)

6 boxes gelatine	6 pounds sugar
4 quarts cold water	1½ quarts lemon juice
4 quarts boiling water	Grated rind of 12 lemons
	7 quarts cold water

Make as Lemon Jelly I.

	Protein	Total
Calories in recipe.....	1,244	12,665
Calories in one portion.....	8	84

Fruit Jelly

(150 Portions)

4½ boxes granulated gelatine	2 cups orange juice 2½ cups lemon juice
3 quarts cold water	Grated rind of 9 lemons
3 quarts boiling water	5 quarts cold water
4 pounds sugar	2 dozen bananas, sliced
Grated rind 4 oranges	2 dozen oranges, sliced

Make as Lemon Jelly I. Cool until it is as thick as syrup, stir in the sliced fruit and chill. Serve with whipped cream.

	Protein	Total
Calories in recipe.....	1,179	12,319
Calories in one portion.....	8	82

Coffee Jelly

(150 Portions)

6 boxes granulated gelatine	6 pounds sugar
4 quarts cold water	$\frac{1}{4}$ cup vanilla
4 quarts boiled coffee	8 quarts cold water

Make coffee as for Boiled Coffee, using four quarts of boiling water in place of quantity called for.

Make jelly as for Lemon Jelly I, using coffee in place of boiling water and fruit juice. Serve with plain or whipped cream.

	Protein	Total
Calories in recipe.....	1,244	12,131
Calories in one portion.....	8	81

Prune Jelly

(150 Portions)

6 boxes gelatine	8 pounds prunes cooked in
4 quarts cold water	10 quarts water
2 quarts boiling water	4 pounds sugar
Juice of 6 lemons	

Wash, soak in the cold water and cook the prunes until tender. Remove stones. Prepare gelatine by usual method and stir into it the cooked fruit and juice. Turn into moulds and serve with Soft Custard Sauce or plain cream.

	Protein	Total
Calories in recipe.....	1,511	18,179
Calories in one portion.....	10	121

Apricot Jelly

(150 Portions)

6 pounds apricots	4 quarts cold water
10 quarts water (for apricots)	2 quarts boiling water
6 boxes gelatine	4 pounds sugar Juice of 6 lemons

Prepare as Prune Jelly. Serve with Soft Custard Sauce.

	Protein	Total
Calories in recipe.....	1,755	16,163
Calories in one portion.....	12	107

Spanish Cream

(150 Portions)

5 boxes gelatine	2 dozen eggs
13 quarts milk	1 teaspoon salt
4 pounds sugar	3 tablespoons vanilla
3 tablespoons lemon extract	

Soften gelatine in two quarts of the cold milk, heat the remainder in a double boiler, when hot, pour over the softened gelatine; stir until dissolved.

Separate the whites and yolks of eggs, make custard of the hot milk and gelatine, yolks of eggs, sugar and salt. When custard is cooked, pour gradually over beaten whites of eggs, flavor and pour into moulds. Serve cold with plain or whipped cream.

	Protein	Total
Calories in recipe.....	3,176	18,072
Calories in one portion.....	21	121

Snow Pudding

(150 Portions)

6 boxes granulated gelatine	3 cups orange juice
4 quarts cold water	3 cups lemon juice
4 quarts boiling water	6 pounds sugar
Grated rind 12 lemons	5 quarts cold water
Grated rind 6 oranges	Whites of 30 eggs

Make as Lemon Jelly. When cold and still liquid, whip until foamy and beat into it the beaten whites of eggs. When it begins to stiffen, pour into moulds. Serve with Soft Custard Sauce.

	Protein	Total
Calories in recipe.....	1,637	13,132
Calories in one portion.....	11	88

Pineapple Bavarian Cream

(50 Portions)

5 packages lemon Jell-O	1 quart shredded canned
5 cups boiling water	pineapple
	5 cups pineapple juice

Dissolve the Jell-O in the boiling water, then add the pineapple juice. When cold and still liquid whip to the consistency of whipped cream. Add the shredded pineapple and pour into sherbet glasses.

	Protein	Total
Calories in recipe.....	529	6,438
Calories in one portion.....	11	129

ADDITIONAL RECIPES

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XXI

SAUCES FOR PUDDINGS

Whipped Cream I

2 quarts double cream	2 tablespoons powdered
2 cups rich milk	sugar
	½ tablespoon vanilla

Chill the cream, place in cream churn, add sugar and vanilla and beat until quite stiff. Cream should treble its bulk in whipping.

	Protein	Total
Calories in recipe.....	220	7,271

Whipped Cream II

3 quarts double cream	1½ pounds powdered sugar
	2 tablespoons vanilla

Chill the cream and whip until quite stiff; add the sugar and vanilla. When eggs are cheap the whites of a dozen may be beaten stiff and folded into the cream just before serving.

	Protein	Total
Calories in recipe.....	240	13,083

Meringue

6 dozen egg whites	6 cups sifted powdered sugar
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Beat the whites of eggs until foamy, add gradually the powdered sugar. Continue beating until stiff.

	Protein	Total
Calories in recipe.....	893	5,460

Soft Custard Sauce

(8 Quarts)

7 quarts milk	4 cups sugar
20 eggs or yolks of 30 eggs	1 teaspoon salt
2 tablespoons vanilla	

Heat milk in double boiler. Beat the eggs until well broken but not light, add the salt and sugar. Add gradually the hot milk; pour into double boiler and cook until custard thickens slightly, stirring constantly. When done, it will form a coating on the spoon. Remove from the double boiler at once. Cool, strain and flavor. If the custard curdles, place the cooker in cold water and beat until smooth. Serve as a sauce with desserts.

	Protein	Total
Calories in recipe.....	1,324	9,368
Calories in one quart.....	166	1,171

Chocolate Custard Sauce

(8 Quarts)

½ pound chocolate	4 cups sugar
7 quarts milk	1 teaspoon salt
20 eggs or yolks of 30 eggs	2 tablespoons vanilla

Heat milk in double boiler. Melt chocolate over hot water, add enough hot milk to make a thin paste, stirring until quite smooth. Add to remaining milk, mix well and proceed as in Soft Custard Sauce.

	Protein	Total
Calories in recipe.....	1,441	10,754
Calories in one quart.....	180	1,344

Chocolate Sauce I

(6 Quarts)

1 $\frac{3}{4}$ pounds chocolate	1 $\frac{1}{4}$ cups cornstarch
2 quarts boiling water	$\frac{1}{2}$ teaspoon salt
7 cups sugar	3 quarts boiling water
	3 tablespoons vanilla

Melt the chocolate over hot water, add the boiling water, stirring over the fire until it becomes smooth. Mix sugar, cornstarch and salt; add the boiling water, cook over the fire until it thickens and becomes clear. Add the chocolate mixture and cook in double boiler one hour. Add the vanilla and serve cold with Vanilla Ice Cream.

	Protein	Total
Calories in recipe.....	410	12,016
Calories in one quart.....	68	2,003

Chocolate Sauce II

(6 Quarts)

1 pound cocoa	1 cup cold water
2 quarts cold water	$\frac{1}{2}$ teaspoon salt
7 cups sugar	3 quarts boiling water
1 cup cornstarch	2 tablespoons vanilla

Mix cocoa with the cold water, add the boiling water and cook over the fire until it boils, stirring constantly. Mix the cornstarch with the cup of cold water and add to the hot mixture; cook until it thickens, add sugar and salt. Cook over boiling water one hour; add vanilla, and serve hot or cold. This quantity is sufficient to serve with 150 portions of ice cream.

	Protein	Total
Calories in recipe.....	392	9,258
Calories in one quart.....	65	1,543

Hard Sauce

2 pounds butter	1 grated nutmeg
4 pounds sifted powdered sugar	5 teaspoons vanilla 3/4 cup cream or rich milk

Cream the butter, add the sugar and cream gradually. Stir in the nutmeg and vanilla. Chill. Serve with hot puddings.

	Protein	Total
Calories in recipe.....	51	14,879

Sterling Sauce

1½ pounds butter	1 tablespoon cinnamon
4 pounds brown sugar	3 cups cream
	1 tablespoon nutmeg

Cream the butter, add sugar and cream alternately, stirring until soft and creamy, add flavoring and beat well. Chill and serve with hot puddings.

	Protein	Total
Calories in recipe.....	95	13,450

Lemon Sauce

(9 Quarts)	
2 cups cornstarch	Grated rind of 3 lemons
4 pounds sugar	1 cup lemon juice
8 quarts boiling water	1 pound butter

Mix sugar and cornstarch, add the boiling water, stirring over the fire until it thickens. Place in a double boiler and cook one hour, then add the lemon and butter. Serve hot.

	Protein	Total
Calories in recipe.....	18	11,921
Calories in one quart.....	2	1,324

Orange Sauce

(9 Quarts)

2 cups cornstarch	Grated rind of 1 lemon
4 pounds sugar	Juice of 1 lemon
7 quarts boiling water	1 $\frac{1}{2}$ pints orange juice
Grated rind of 3 oranges	1 pound butter

Make as Lemon Sauce.

	Protein	Total
Calories in recipe.....	18	12,143
Calories in one quart.....	2	1,349

Strawberry Sauce

Wash and hull the strawberries. Put them through the food chopper and add enough sugar to make a sweet sauce. Serve with vanilla ice cream or with puddings.

Pineapple Sauce

Drain canned pineapple from the syrup and put through the food chopper. Mix chopped pineapple with the syrup and add more sugar, if necessary. Serve with vanilla ice cream or with puddings.

Fruit Sauce

(6 Quarts)

6 pounds sugar	2 quarts water
	2 quarts canned fruit syrup

Make a syrup by boiling the sugar and water fifteen minutes. Remove from fire and add fruit

juice gradually, beating constantly until well blended. Crushed fruit may be folded into the sauce before serving.

	Protein	Total
Calories in recipe.....		16,688
Calories in one quart.....		2,781

Caramel

Melt four cups of sugar with one-fourth cup of boiling water in a smooth frying pan. Stir constantly until the syrup becomes a golden brown color, then add two cups of boiling water and boil gently about five minutes. Bottle and use for flavoring custards and desserts.

ADDITIONAL RECIPES

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XXII

FROZEN DESSERTS

General Rules

The can, cover and dasher of freezer should be scalded and then chilled.

Adjust can carefully in tub; pour in mixture, put in dasher, cover, adjust crank and pack with finely chopped ice and rock salt. Use three times as much ice as salt for freezing.

In freezing ice cream the crank should be turned slowly and steadily; in freezing sherbets, turn rapidly and steadily; in freezing water ice or frozen fruit, turn crank steadily five minutes, allow to stand five minutes, turn again five minutes, and continue until freezing is completed.

When frozen, remove dasher, press the cream down and make it smooth on the surface, place paraffin paper on top of can, cover with lid, and put a cork in the hole; draw off all the water, repack with salt and ice, using four times as much ice as salt; cover the whole with newspaper or blanket and stand several hours.

In preparing frozen fruit or water ice, the sugar and water should be made into a syrup, which should be boiled five minutes; then strained. In preparing ice cream with fruit, the sugar and

crushed fruit should stand one hour in a cool place, or until the sugar is dissolved, then add cream and freeze; in preparing ice creams, one-half the cream should be scalded and the sugar dissolved in it; cool; add flavoring and freeze.

Fruit juice is used for water ice; the fruit is pressed through a colander or cut in small pieces with a silver knife for frozen fruit; either juice or crushed fruit may be used for ice cream. It is preferable to use only the juice of very seedy fruits.

Banana Ice Cream

(50 Portions)

3 quarts cream	2 pounds sugar
1 quart milk	2 quarts bananas
	4 tablespoons lemon juice

Scald half the cream, add sugar and remaining cream. Remove skin and press bananas through sieve; mix with cream, add lemon juice. Proceed as directed for freezing.

	Protein	Total
Calories in recipe.....	463	10,905
Calories in one portion.....	9	218

Chocolate Ice Cream

(50 Portions)

6 quarts rich milk	6 ounces chocolate
2½ pounds sugar	2 tablespoons vanilla

Melt the chocolate; scald one-half the cream and add it to the chocolate, stirring until smooth, then

add the sugar. Mix with the cold cream, place in can and pack. Freeze with ice and salt as directed in General Rules.

	Protein	Total
Calories in recipe.....	806	9,343
Calories in one portion.....	16	187

Strawberry Ice Cream

(50 Portions)

3 pounds sugar	$2\frac{1}{2}$ quarts cream
3 boxes strawberries	2 quarts rich milk

Stem and wash strawberries; crush; add the sugar and stand in a cool place about one hour. Scald one-half the cream, cool, and add to the cold cream. Add the sweetened berries, pour into can and freeze.

	Protein	Total
Calories in recipe.....	521	11,634
Calories in one portion.....	10	233

Orange Water Ice

(50 Portions)

5 quarts water	4 pounds sugar
Pared rind of 6 oranges	1 quart orange juice

1½ cups lemon juice

Boil the sugar, orange rind, and two quarts of water together ten minutes. Cool and add the remaining water and fruit juice; strain the mixture into can. Freeze and repack as directed.

	Protein	Total
Calories in recipe.....	29	7,855
Calories in one portion.....	½	158

Milk Sherbet

(50 Portions)

5 quarts milk	2 cups lemon juice
3½ pounds sugar	(About 12 lemons)

Pack the freezer with ice and salt before mixing lemon juice and milk. Dissolve sugar in the milk; add lemon juice and pour at once into the packed freezer. Proceed as for ice cream.

	Protein	Total
Calories in recipe.....	598	9,667
Calories in one portion.....	12	193

Coffee Mousse

(50 Portions)

6 quarts double cream	1½ quarts strong coffee
3 pounds sugar	½ cup granulated gelatine
	1 cup cold water

Whip the cream; soften the gelatine in the cold water and dissolve in the hot coffee. Add sugar, and set in pan of ice water, stirring constantly until the mixture becomes the consistency of thick syrup. Fold in the whipped cream and fill ice cream moulds; spread paraffin paper over the top and cover tightly. Pack in ice and salt and let stand four hours before serving.

	Protein	Total
Calories in recipe.....	894	26,582
Calories in one portion.....	18	532

For School Luncheon

Mould one, two or three flavors of cream in two-quart bricks. When thoroughly frozen, cut each brick into 16 pieces. Wrap each small brick in paper and place in can; repack in ice and salt as directed.

Ice Cream Sundae

Pour a spoonful of chocolate or a fruit sauce over an individual brick of vanilla ice cream and serve.

ADDITIONAL RECIPES

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XXIII

CAKES AND FROSTINGS

General Rules

Use pastry flour for all cake mixtures, as it contains less gluten than bread flour, and therefore makes a lighter, more tender cake. If bread flour must be used, allow two ounces less for each pound of flour called for in the recipe.

Sift flour before measuring. The flour and baking powder should be mixed and sifted several times, and if spices are used, they should be sifted with the flour.

Cream the butter, add the sugar gradually. The yolks and whites of the eggs should be beaten separately, and the yolks added to the butter and sugar. The bowl in which they were beaten should be rinsed with the milk. The milk and flour are added alternately, then the flavoring and the whites. When fruit is used mix with a little of the flour called for in the recipe, and add just before the whites of the eggs.

Line the bottom of each cake pan with soft paper and lightly grease the paper and sides of the pan.

In baking cake divide the time required into quarters. During the first quarter the mixture

should begin to rise; second quarter, continue rising and begin to brown; third quarter, continue browning; fourth quarter, finish baking and shrink from sides of pan. Bake cake thirty to sixty minutes, according to the size of the cake. Allow it to remain in the pan a few minutes after taking from the oven. Lard or other fat may be used in gingerbread.

Gingerbread I

(150 Portions)

2 pounds butter	7½ pounds flour
3 pounds brown sugar	1½ ounces ginger
12 eggs	¼ ounce cinnamon
2 quarts molasses	1 ounce salt
2½ quarts milk	6 ounces baking powder
3 pounds raisins with 2 cups flour	

Sift flour, ginger, cinnamon, salt and baking powder together. Cream the butter, add the sugar and then the beaten yolks of the eggs. Mix molasses and milk together, add three-fourths of it to the butter, sugar and eggs, then add the dry ingredients and mix until smooth; add remainder of the liquids and raisins; fold in the beaten whites of the eggs, pour into greased baking pans and bake in a moderate oven forty-five or fifty minutes.

Sour milk may be used instead of sweet milk, omitting baking powder and using two tablespoons of soda.

Raisins may be omitted.

	Protein	Total
Calories in recipe.....	2,634	39,193
Calories in one portion.....	18	261

Gingerbread II

(150 Portions)

2 pounds butterine	8 $\frac{1}{4}$ pounds flour
5 pounds sugar	1 $\frac{1}{2}$ ounces salt
2 quarts molasses	1 $\frac{1}{2}$ ounces cinnamon
1 dozen eggs	3 ounces ginger
2 $\frac{1}{2}$ quarts buttermilk	3 ounces soda

Mix and sift dry ingredients. Cream butterine, add sugar, molasses and beaten yolks of eggs; add buttermilk and dry ingredients alternately. Mix thoroughly; fold in the beaten whites of eggs and pour into baking pans, the bottoms of which have been lined with thin manilla paper, lightly greased. Bake in a moderate oven. Serve with or without whipped cream.

	Protein	Total
Calories in recipe.....	2,480	39,231
Calories in one portion.....	17	262

Plain Cake

(50 Portions)

1 pound butterine	$\frac{1}{2}$ tablespoon salt
2 $\frac{1}{4}$ pounds sugar	2 $\frac{1}{2}$ pounds flour
12 eggs	2 ounces baking powder
1 quart milk	1 tablespoon vanilla

Mix according to general rule. Bake in square pans lined with buttered paper, in a moderate oven

about forty-five minutes. Spread with Boiled Frosting, Mocha Frosting or Chocolate Frosting.

	Protein	Total
Calories in recipe.....	941	12,934
Calories in one portion.....	19	259

Cottage Pudding

(50 Portions)

$\frac{1}{2}$ pound butterine	3 cups milk
2 pounds sugar	2 pounds flour
1 dozen eggs	1 $\frac{1}{2}$ ounces baking powder

Cream the butter, add sugar gradually. Mix milk with beaten yolks of eggs, and baking powder with the flour, add these alternately to the mixture. Fold in the whites of eggs. Pour into greased muffin tins and bake fifteen or twenty minutes. Serve with Lemon Sauce.

	Protein	Total
Calories in recipe.....	788	10,152
Calories in one portion.....	16	203

Wheatless Cottage Pudding

(50 Portions)

$\frac{3}{4}$ pound fat	1 pound barley flour
3 cups sugar	1 pound rice flour
6 eggs	2 $\frac{1}{2}$ ounces baking powder
1 quart milk	1 teaspoon salt
	1 tablespoon vanilla

Cream the fat and sugar. Beat the eggs, add milk. Mix and sift dry ingredients, add alternately with liquid to the first mixture. Bake in

well greased muffin tins about twenty-five minutes in a moderate oven. Serve with chocolate or a fruit sauce.

	Protein	Total
Calories in recipe.....	615	9,559
Calories in one portion.....	10	191

Orange Puffs

(50 Portions)

1 pound butter	3 pounds flour
2½ pounds sugar	2 ounces baking powder
1 dozen eggs	1 teaspoon salt
1 quart milk	Grated rind of 2 oranges

Make and bake as Cottage Pudding. Serve with Orange Sauce.

	Protein	Total
Calories in recipe.....	1,039	14,720
Calories in one portion.....	21	294

Sponge Cake

(50 Portions)

Yolks 24 eggs	Grated rind of 2 lemons
4 cups sugar	Whites 24 eggs
¼ cup lemon juice	4 cups flour
	1 teaspoon salt

Beat yolks until thick and lemon colored. Add sugar gradually and continue beating; add lemon juice and rind, then half of the beaten whites. When whites are partially mixed with the yolks, carefully cut and fold in half of the flour mixed and sifted with the salt; add remaining whites of eggs and flour. Bake one hour in four sponge cake pans.

	Protein	Total
Calories in recipe.....	787	6,865
Calories in one portion.....	16	137

Wheatless Sponge Cake

(50 Portions)

24 egg whites	Grated rind 2 lemons
1 pound sugar	24 egg yolks
¼ cup lemon juice	2 cups potato flour
	1 teaspoon salt

Beat whites of eggs until very light; add sugar gradually and continue beating; then add beaten yolks, lemon juice and rind. Dust in the flour very lightly. Bake in four sponge cake pans in a moderate oven fifty to sixty minutes.

	Protein	Total
Calories in recipe.....	725	4,657
Calories in one portion.....	14	93

Sunshine Cake

(50 Portions)

20 eggs	4 cups sifted flour
4 cups sugar	½ cup lemon juice
	Grated rind of 2 lemons

Separate eggs; beat whites until light; add sugar gradually and continue beating, then add beaten yolks of eggs and lemon juice and rind. Cut and fold in the sifted flour. Bake in four sponge cake pans in a moderate oven forty to sixty minutes.

	Protein	Total
Calories in recipe.....	689	6,619
Calories in one portion.....	14	132

Angel Cake

(50 Portions)

6 cups egg whites	1 pound flour
2½ pounds sugar	2 tablespoons cream of tartar
	1 tablespoon vanilla

Sift the sugar several times. Sift the flour and cream of tartar together five times. Beat the eggs to a foam but not until stiff. Sift in the sugar slowly and continue beating slowly. Sift in the flour, mixing it with a folding motion. Bake in unbuttered angel cake pans for fifty minutes.

This quantity will make four cakes 8½ inches in diameter.

	Protein	Total
Calories in recipe.....	801	7,213
Calories in one portion.....	16	144

Chocolate Cake

(50 Portions)

1 cup butter	4½ cups flour
4 cups sugar	8 teaspoons baking powder
8 eggs	4 ounces chocolate
2 cups milk	1 teaspoon vanilla

Cream the butter and add the sugar gradually. Beat yolks of eggs until thick and lemon colored and add to mixture, then add milk and flour mixed and sifted with baking powder. Add melted chocolate and vanilla. Beat whites of eggs until stiff and fold in lightly. Bake in an angel or layer cake pan. Cover with Boiled Frosting.

	Protein	Total
Calories in recipe.....	587	8,898
Calories in one portion.....	12	178

Mocha Tart

(50 Portions)

$\frac{3}{4}$ pound butter	$\frac{3}{4}$ pint milk
2 pounds sugar	1 $\frac{1}{4}$ pounds flour
6 ounces cocoa	3 tablespoons baking
10 eggs	powder
	2 teaspoons vanilla

FILLING

1 quart thick cream
1 cup powdered sugar
1 teaspoon vanilla

Cream the butter and add sugar gradually, then cocoa which has been mixed with three-fourths cup of cold water and cooked five minutes. Mix thoroughly and add the well-beaten yolks of the eggs. Add alternately milk and flour, mixed and sifted with baking powder, and lastly the vanilla. Beat mixture for five minutes, or until very light, then fold in the beaten whites of the eggs. Pour into four large pie tins and bake in a moderately hot oven. When cool split the cakes and cover under layer with the sweetened whipped cream, replace top layer and sift powdered sugar over it. Serve cut into wedge shaped pieces.

	Protein	Total
Calories in recipe.....	782	14,351
Calories in one portion.....	16	287

Nut Cake

(50 Portions)

1 pound butter	2 cups cold water
8 eggs	1 $\frac{1}{2}$ pounds flour
2 pounds sugar	3 teaspoons baking powder
	1 quart nut meats, chopped and rolled in flour

Mix according to general rule for butter cake and bake in loaves or in shallow pans.

	Protein	Total
Calories in recipe.....	910	13,269
Calories in one portion.....	18	265

Cream Puffs

(50 Puffs)

1 pound butter	18 eggs
1 quart boiling water	1½ pounds pastry flour

Measure butter and water into a saucepan, place over the fire and bring to the boiling point. Add flour all at once and stir vigorously until thoroughly blended and the mixture leaves the sides of the pan. Cool slightly and add unbeaten eggs, one at a time, beating until thoroughly mixed, between each addition. Drop by spoonfuls on a buttered baking sheet, one and one-half inches apart. Bake from thirty to forty minutes in a moderate oven. If they are removed from the oven before they are thoroughly cooked, they will fall. If in doubt, take one from the oven and if it does not fall, the others are sufficiently cooked. With a sharp knife make an incision in each puff, and fill with Cream Filling. Dust over with powdered sugar.

CREAM FILLING

2½ pounds sugar	3 quarts hot milk
2 cups flour	2 tablespoons vanilla
¼ teaspoon salt	3 tablespoons butter
12 eggs	

Mix together sugar, flour and salt, and add gradually the hot milk. Cook thirty minutes in a double boiler, stirring constantly until it thickens and then occasionally. Pour over the slightly beaten eggs, add butter, and return to the double boiler to cook the eggs, stirring constantly. Strain, cool, add flavoring and fill the Cream Puffs.

	Protein	Total
Calories in recipe.....	1,515	15,434
Calories in one portion.....	26	309

Chocolate Eclairs

Shape Cream Puff mixture four and one-half inches long by one inch wide. Bake about thirty minutes in a moderate oven. Split and fill with Cream Filling and frost top with Chocolate Frosting II.

Fruit Cake

6 pounds butter	3 tablespoons allspice
6 pounds sugar	1 tablespoon mace
32 yolks of eggs	1½ pounds shelled almonds
2 cups lemon juice	½ pound bitter almonds
1 cup grape juice	2 pounds citron
1 cup currant jelly	1 pound lemon peel
2 cups molasses	1 pound orange peel
5 pounds browned flour	12 pounds currants
5 pounds white flour	8 pounds raisins
4 tablespoons cinnamon	Whites of 32 eggs

Cut citron, orange and lemon peel in small pieces; blanch almonds; brown flour in the oven;

clean and dry currants and raisins; mix the spices with the browned flour. These preparations should be made at odd times before the day of baking the cake.

TO MIX CAKE

Chop almonds slightly, then add the raisins and chop all together, the nuts helping to separate the pieces of raisins; mix with the currants, citron, orange and lemon peel, and cover well with the white flour. Cream the butter, add the sugar gradually, then the beaten yolks of eggs, liquids and browned flour alternately, whites of the eggs beaten stiff, and lastly stir in the fruit, nuts, etc. Line the pans with three thicknesses of white paper, grease the pieces of paper which will be next to the cake; pour in the mixture. Bake in slow oven from three and one-half to five hours, according to the thickness of the cake.

Cake weighs fifty (50) pounds.

	Protein	Total
Calories in recipe.....	4,507	93,278
Calories in one pound.....	90	1,866

FROSTINGS

A number of frostings are given in this chapter, so that by using them at different times with the same cake recipe a greater variety of cakes may appear on the menu.

The quantities here given are sufficient to use with the cake recipes for fifty portions.

Plain Frosting

Add flavoring to the water and pour slowly into the sifted sugar. Stir until smooth.

Fresh fruit juices may be used in place of boiling water and flavoring.

	Protein	Total
Calories in recipe.....		7,256

Plain Chocolate Frosting

8 cups confectioners' sugar 1 cup boiling water
1 cup cocoa 1 teaspoon vanilla

Mix sugar and cocoa and add boiling water slowly. Add vanilla and stir until smooth.

Calories in recipe..... 98 **Total** 7,820

Egg Frosting

Whites of 12 eggs	2 tablespoons vanilla or
$\frac{1}{2}$ cup cold water	6 tablespoons lemon juice
	4 pounds confectioners' sugar

Beat whites of eggs slightly, add water and stir in the sugar. Beat thoroughly and add flavoring. More sugar may be added, if needed, to make frosting of right consistency to spread.

	Protein	Total
Calories in recipe.....	145	7.439

Boiled Frosting

4 pounds granulated sugar 2½ cups water
½ teaspoon cream of tartar Whites of 8 eggs
2 tablespoons vanilla

Put sugar, hot water and cream of tartar into a saucepan and stir until the sugar is dissolved. Boil gently without stirring, until the syrup forms a soft ball when dropped in cold water. Pour syrup slowly on the beaten whites of eggs, beating constantly until of right consistency to spread. Add flavoring and pour over cake, spreading evenly.

	Protein	Total
Calories in recipe.....	96	7,356

Chocolate Frosting I

4 pounds granulated sugar	$\frac{1}{2}$ teaspoon cream of
8 egg whites	tartar
2 $\frac{1}{2}$ cups water	2 tablespoons vanilla
	$\frac{3}{4}$ pound chocolate

Make same as Boiled Frosting. Melt chocolate and add as soon as syrup has been added to whites of eggs.

	Protein	Total
Calories in recipe.....	272	9,435

Chocolate Frosting II

$\frac{1}{2}$ pound chocolate	Yolks of 4 eggs
1 $\frac{1}{3}$ cups scalded cream	2 teaspoons melted butter
$\frac{1}{8}$ teaspoon salt	1 pound confectioners' sugar
	2 teaspoons vanilla

Melt chocolate over hot water, add cream gradually, then salt, yolks of eggs and butter. Stir in confectioners' sugar until of right consistency to spread. Add flavoring and pour over the cake.

	Protein	Total
Calories in recipe.....	179	3,999

Brown Frosting

8 cups brown sugar	8 egg whites
1½ cups water	2 teaspoons vanilla

Make as Boiled Frosting.

	Protein	Total
Calories in recipe.....	112	5,288

Brown Sugar Frosting

2½ cups granulated sugar	1 cup water
3 cups brown sugar	6 egg whites

Make as Boiled Frosting.

	Protein	Total
Calories in recipe.....	72	4,066

Mocha Caramel Frosting

1 cup granulated sugar	6 cups confectioners' sugar
½ cup coffee infusion	¾ cup cream

Make Caramel of granulated sugar and coffee. Add enough confectioners' sugar to cream to make of right consistency to spread, and sufficient caramel to color and flavor. Beat thoroughly and spread between layers, and on top of Plain Cake.

	Protein	Total
Calories in recipe.....	62	6,649

Chocolate Fudge Frosting

6 tablespoons butter	Few grains salt
1½ cups cocoa	1 cup milk
5 cups confectioners' sugar	2 teaspoons vanilla

Melt butter, add cocoa, sugar, salt and milk. Boil about eight minutes. Remove from the fire, cool slightly and beat until creamy. Add vanilla and spread on cake.

	Protein	Total
Calories in recipe.....	134	4,965

Cream Filling

2½ pounds sugar	3 quarts hot milk
2 cups flour	12 eggs
¼ teaspoon salt	3 tablespoons butter
	2 tablespoons vanilla

Mix together sugar, flour and salt and add gradually the hot milk. Cook thirty minutes in a double boiler, stirring constantly until it thickens and then occasionally. Pour over the slightly beaten eggs, add butter, and return to the double boiler to cook the eggs, stirring constantly. Strain, cool and add flavoring.

	Protein	Total
Calories in recipe.....	754	8,332

ADDITIONAL RECIPES

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XXIV

FRUITS

Raw Fruits and Nuts

Calories in one pound		Protein	Total
Apples*	.	5	214
Almonds†	381	2936	
Bananas†	24	447	
Blackberries*	24	262	
Cantaloupes*	5	88	
Cherries†	18	354	
Currants*	27	259	
Dates, dried*	34	1416	
Figs, dried*	78	1437	
Grapes*	18	328	
Grapefruit*	15	210	
Huckleberries*	11	345	
Olives, green*	20	1357	
Oranges*	11	169	
Peaches, fresh*	9	153	
Peaches, canned*	13	213	
Peanuts†	469	2496	
Pears, fresh*	9	256	
Pineapple, canned*	7	696	
Pineapple, fresh†	7	196	
Plums, fresh*	16	363	
Raisins*	47	1563	
Raspberries, red*	19	254	
Strawberries†	18	177	
Walnuts, English†	334	3199	
Walnuts, black†	500	3105	

*As purchased. †Edible portion.

To Prepare Fresh Fruits for Table

Oranges, apples, pears, bananas, plums, should be washed and rubbed dry.

Grapes washed and drained in colander.

Strawberries hulled and washed if sandy.

Raspberries and blackberries picked over and served without washing, unless sandy.

Pineapples cut in slices, pare, remove eyes and cut in small pieces, sprinkle with sugar, stand in refrigerator several hours, or use the following day.

Fruit Cup

(50 Portions)

2 quarts grape fruit pulp	3 quarts orange pulp or or 12 grape fruit	4 dozen oranges
2 pounds Tokay grapes	3 pounds sugar	

Peel oranges and grapefruit deep enough to remove all the white skin. Separate pulp from each section and cut large pieces in halves. Strain juice and add to pulp. Cut grapes in halves and remove seeds. Combine all ingredients. Serve very cold, in sherbet cups.

	Protein	Total
Calories in recipe	245	12,856
Calories in one portion	5	257

Fruit Macedoine

(150 Portions)

2 No. 10 cans pineapple	1 No. 10 can cherries
1 No. 10 can peaches	1 dozen bananas, sliced
$\frac{1}{4}$ cup lemon juice	

Cut pineapple and peaches into slices, add cherries, bananas, lemon juice and juice from the canned fruits. Mix well and chill before serving.

	Protein	Total
Calories in recipe.....	364	13,716
Calories in one portion.....	2	91

Baked Apples

(150 Portions)

2 baskets apples	4 teaspoons cinnamon
4 pounds sugar	½ cup lemon juice

Wash and core sour apples. Pare skin from one-half of each apple, leaving remaining skin to form a cup to hold apple in shape. Place apples in baking dishes and fill the centres with the sugar and cinnamon. A few drops of lemon juice may be added. Cover bottom of dish with hot water and bake in hot oven until apples are tender, basting often with the syrup in the dish. Serve hot or cold with cream.

	Protein	Total
Calories in recipe.....	305	19,273
Calories in one portion.....	2	129

Baked Pears

(150 Portions)

2 baskets pears	6 quarts water
12 pounds sugar	1 tablespoon cloves

Wash, cut in halves and remove cores. Place in stone jars, add hot water, sugar and cloves. Cover and bake in slow oven from three to four hours.

Ginger root may be substituted for cloves.

	Protein	Total
Calories in recipe.....	492	37,896
Calories in one portion.....	3	253

Baked Rhubarb

(150 Portions)

30 pounds rhubarb 20 pounds sugar

Wash, remove skin, cut in one-half inch pieces.
Fill stone jars with the rhubarb, add sugar, cover
and bake in slow oven two or three hours.

	Protein	Total
Calories in recipe.....	326	39,430
Calories in one portion.....	2	263

Stewed Apples

(150 Portions)

1½ baskets apples 3 pounds sugar
 2 quarts water

Core, quarter and wash apples. Make syrup of sugar and water in small steam cooker, add the apples and cook until soft, strain, flavor with lemon or cinnamon.

	Protein	Total
Calories in recipe.....	228	14,445
Calories in one portion.....	2	97

Stewed Prunes

(150 Portions)

16 pounds prunes 5 pounds sugar
 Cold water

Sort and wash prunes; cover with cold water. Soak over night and cook slowly in same water, adding more, if necessary, to cover the prunes. When soft, add sugar, stir until dissolved. Serve cold.

Flavor with lemon if desired.

	Protein	Total
Calories in recipe.....	522	27,646
Calories in one portion.....	3	184

Stewed Apricots

(150 Portions)

10 pounds apricots 4 pounds sugar
Cold water

Cook as Stewed Prunes.

	Protein	Total
Calories in recipe.....	853	19,856
Calories in one portion.....	6	133

Stewed Figs

(150 Portions)

15 pounds pulled figs Juice of 8 lemons
10 pounds sugar Water to cover figs

Wash figs and place them in an agate saucepan with the sugar and water. Bring to the boiling point and simmer gently until tender, then add lemon juice. When cold serve with whipped cream. Pulled figs are less expensive, and retain their natural form better than the figs which are pressed into boxes.

	Protein	Total
Calories in recipe.....	1,170	39,783
Calories in one portion.....	8	265

Stewed Raisins

(150 Portions)

18 boxes cooking raisins 13 quarts cold water

Remove stems and seeds from raisins, wash and add cold water. Heat slowly, stirring occasionally, until fruit is soft. No sugar is required with ordinary raisins.

	Protein	Total
Calories in recipe.....	751	25,326
Calories in one portion.....	5	169

Cranberry Sauce

(150 Portions)

16 quarts cranberries 6 quarts water
 11 pounds sugar

Sort and wash cranberries, cook with the water until berries break, add the sugar and stir until dissolved. Pour into jars, cover and keep in cool place until used.

	Protein	Total
Calories in recipe.....	116	23,330
Calories in one portion.....	1	155

Cranberry Jelly

(150 Portions)

12 quarts cranberries 8 pounds sugar
 4 quarts water

Sort and wash the cranberries, and cook with the water until all the berries are broken. Rub through a fine strainer, add sugar and cook until

a few drops will jelly when dropped on a cold plate. Turn into moulds or glasses.

	Protein	Total
Calories in recipe.....	87	17,044
Calories in one portion.....	$\frac{1}{2}$	114

Spiced Fruit

(150 Portions)

1 bushel peaches or pears 4 quarts vinegar
28 pounds brown sugar $\frac{1}{2}$ pound cloves

Make syrup of vinegar and sugar. Prepare the fruit and insert three cloves in each piece. Cook the fruit in syrup until it is tender, place in jars, cover with syrup and seal. Serve with meat.

	Protein	Total
Calories in recipe.....	436	55,616
Calories in one portion.....	3	371

Cider Apple Butter

(100 Quarts)

50 gallons cider 50 gallons chopped apples
25 pounds brown sugar

Boil the cider until reduced one-half. Reserve a few gallons of cider to add to the sauce when nearly done, to cool it to prevent cooking over. Add a few gallons of apples at a time and cook until pieces of apple soften into the sauce, then add more apples and continue until all apples are in the cooker; this will require several hours. Stir constantly to prevent the sauce from adhering to

the bottom of the cooker. When all apples have been added and the mixture is dark brown in color and quite thick, add the sugar. Continue to boil until when dropped on a cold plate it will stand as a firm mass without any clear liquid separating from it.

Seal in jars, or it may be put into stone jars as it will keep without being airtight.

One bushel of apples will yield about three gallons cider.

One bushel of apples will yield about seven gallons chopped apples.

	Protein	Total
Calories in recipe.....	1,714	112,760
Calories in one quart.....	17	1,128

Fruit Filling

(150 Portions)

6 pounds raisins	1 pint cold water
3 pounds figs	½ cup flour
5 pounds sugar	3 cups orange juice
Juice and rind of 1½ dozen lemons	

Mix flour and water to a smooth paste. Chop raisins and figs, add orange juice, lemon rind and juice, and the flour paste. Cook in double boiler until mixture thickens, stirring constantly. Cool and spread between slices of buttered bread, or use in making tarts.

	Protein	Total
Calories in recipe.....	506	23,457
Calories in one portion.....	3	156

Lemon Butter

4 pounds sugar	2 dozen eggs
1 pound butter	Juice and rind of 12 lemons

Beat the eggs without separating; add butter, sugar, lemon juice and rind. Cook in a double boiler, stirring constantly until it becomes quite thick. Pour into glasses or jars, cover tightly and keep in a cool place. Serve as a relish, or as a filling for a sweet sandwich.

	Protein	Total
Calories in recipe.....	728	12,892

Grape Fruit Marmalade

6 grape fruit	3 or 4 lemons
---------------	---------------

Wash and cut grape fruit into quarters, then with a sharp knife shave through skin and pulp making as thin slices as possible. Discard seeds and coarse membrane. Weigh prepared fruit and to each pound add three pints of cold water. Set aside to soak for twenty-four hours. Then boil until the rind is very tender, and set aside until the next day. Weigh, and add an equal weight of sugar. Cook until it thickens enough to hold up the bits of peel. Pour into glasses and cover with paraffin. This recipe makes about three and a half dozen glasses of marmalade.

Orange Marmalade

Prepare as Grape Fruit Marmalade, using four or five lemons to one dozen oranges.

Pear Marmalade

(5 Quarts)

5 pounds pears	5 pounds oranges
	5 pounds sugar

Peel, core and quarter pears. Cut oranges in quarters and remove seeds. Weigh fruit and put through food chopper. Add sugar and cook until it is the consistency of marmalade.

	Protein	Total
Calories in recipe.....	109	11,350
Calories in one quart.....	22	2,270

Grape Jam

Wash Concord grapes and remove from the stems. Press the pulp from the skins and cook the pulp until seeds can be easily removed, then strain. Return strained pulp to the kettle with the skins; add an equal measure of sugar, and cook slowly about thirty minutes, stirring occasionally to prevent burning. Pour into jars and seal.

Candied Orange or Grape Fruit Peel

Peel of 6 oranges or 2 grape fruit 3 cups sugar	1 $\frac{1}{2}$ cups water in which peel was cooked
---	--

Carefully scrub the fruit till very clean, remove the peel in quarters and soak it in water for a few hours. If it is to be used as candy, scrape away a little of the white part, and cut it into very nar-

row strips. If it is to be used for cooking purposes, it need not be scraped or cut small. Cover with boiling water and simmer until tender, and nearly transparent, adding more water as it boils away. Drain the peel, reserving one and one-half cups of the water. Add to it three cups of sugar and when this is dissolved, add the peel. Boil slowly until most of the water has been evaporated. Remove the peel and lay in a bed of granulated sugar, covering it also with the sugar. Let it stand until cold, then shake off the loose sugar, which may be used for cooking purposes, and put the candied peel into covered boxes or cans.

Salted Almonds

6 pounds shelled Jordan almonds
Olive oil
Salt

Blanch almonds by pouring boiling water over them; stand two minutes and drain; put into cold water, remove skins and dry.

Put one-half cup olive oil in very small saucepan; when hot, put in one-third cup blanched almonds; stir with fork until a delicate brown.

Drain on paper and sprinkle with salt. Repeat until all are browned.

ADDITIONAL RECIPES

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MENUS

It is impossible to plan a menu that will be appropriate to the needs of several groups of persons, the number of calories per day will vary with the season and climate, the age, condition of health and the occupation of the individuals to be served. A man doing a moderate amount of muscular work requires about 3000 calories each day, while a man leading a sedentary life will not require more than 2500 calories, or if he is performing very active muscular work he will need 3500 or more calories. A woman performing moderately active work and a boy fourteen to seventeen years old, require eight-tenths as many calories as a man at moderately active muscular work. A girl of the same age will require seven-tenths as many calories as a man, while a child from six to nine years requires about five-tenths that of a man.

The foregoing recipes which show the number of calories of protein and the total calories are intended to help the busy dietitian who has little time for computing food values and yet wishes to serve a well-balanced menu and to know that her family is being adequately nourished. After planning the menu the adequacy of the combination

may be determined by adding the protein calories and the total calories in the different dishes which have been selected and comparing the result with the standard requirement for the group of persons who are being served.

The fuel value of the protein in the diet, as represented by the protein calories, should be from ten to fifteen per cent of the total food value.

The menu which follows provides for an average of 2600 calories per person each day for one week, and shows the simple method of calculation.

MENUS

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SUNDAY

	Protein Calories	Total Calories
Breakfast		
Orange	6	96
Cream of Wheat	10	75
Codfish Ball	20	49
Cream Muffin	16	127
Butter ($\frac{1}{3}$ ounce).....	..	73
Coffee
Sugar ($\frac{3}{4}$ ounce).....	..	85
Cream (6 ounces).....	17	330
	69	835
Dinner		
Bouillon
Roast Beef	89	197
Gravy	1	8
Franconia Potatoes	14	144
Creamed Cauliflower	14	105
Bread (1 ounce).....	11	73
Butter	73
Cucumber and Tomato Salad.....	4	87
Orange Blanc Mange.....	3	90
Custard Sauce	7	49
Plain Cake ($\frac{1}{2}$ portion).....	10	130
Coffee
Sugar	42
	153	998
Supper		
Spanish Omelet	55	273
Pineapple and Cheese Salad	10	152
Bread (2 ounces).....	21	147
Butter ($\frac{1}{2}$ ounce).....	1	109
Junket	14	112
	101	793
Total for day	323	2626

MONDAY

	Protein Calories	Total Calories
Breakfast		
Banana	6	127
Corn Flakes	3	41
Egg	23	63
Toast (2 ounces).....	21	147
Butter	1	109
Coffee
Sugar	85
Cream (2 ounces).....	6	110
Milk (6 ounces).....	23	118
	<hr/>	<hr/>
	83	800
Luncheon		
Vegetable Soup III	6	47
Banana and Nut Salad.....	12	257
Bread	21	147
Butter	1	109
Canned Peaches	2	94
Plain Cake	10	130
	<hr/>	<hr/>
	52	784
Dinner		
Beef Stew	81	182
Italian Spaghetti	17	97
String Beans	4	32
Bread	11	73
Butter	73
Apricot Short Cake.....	25	558
	<hr/>	<hr/>
	138	1015
Total for day	273	2599

MENUS

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TUESDAY

	Protein Calories	Total Calories
Breakfast		
Apple	2	72
Cornmeal Mush	8	87
Bacon	23	346
Graham Bread (2 ounces).....	20	148
Butter	1	109
Coffee
Sugar (3/8 ounce).....	..	42
Cream	6	110
	60	914
Luncheon		
Rice Soufflé	12	115
Prune and Cheese Salad.....	9	126
Roll (1 ounce).....	11	73
Butter	1	109
Cocoa	18	142
Floating Island	24	161
	75	726
Dinner		
Lamb Chop	77	339
Stuffed Potato	15	173
Creamed Peas	22	120
Bread	11	73
Butter	73
Fruit Tapioca II	2	112
Whipped Cream	1	28
	128	918
Total for day	263	2558

WEDNESDAY

		Protein Calories	Total Calories
Breakfast			
Hominy Grits	7	70	
Egg	23	63	
Whole Wheat Muffin	19	144	
Orange Marmalade	1	105	
Butter	73	
Coffee	
Sugar	85	
Cream	17	380	
	<hr/>	<hr/>	
	67	870	
Luncheon			
Cream of String Bean Soup	7	75	
Salmon Salad	38	234	
Bread	21	147	
Butter	1	109	
Prune Whip	5	150	
Custard Sauce	7	49	
	<hr/>	<hr/>	
	79	764	
Dinner			
Corned Beef	59	287	
Scalloped Potatoes	17	132	
Carrots and Peas	11	67	
Cole Slaw	14	80	
Bread	11	73	
Butter	73	
Chocolate Ice Cream	16	187	
Coffee	
Sugar	42	
	<hr/>	<hr/>	
Total for day	128	941	
		274	2575

THURSDAY

		Protein Calories	Total Calories
Breakfast			
Stewed Raisins	5	169	
Corned Beef Hash	54	211	
Graham Toast	20	148	
Butter	1	109	
Coffee	
Sugar	42	
Cream	6	110	
	<hr/>	<hr/>	<hr/>
	86	789	
Luncheon			
Corn Pudding	17	129	
Stuffed Tomato	13	124	
Olive Sandwich I	21	325	
Cocoa	18	142	
Canned Pears	2	100	
	<hr/>	<hr/>	<hr/>
	71	820	
Dinner			
Pork Chop	73	369	
Browned Sweet Potato	10	202	
Creamed Celery	12	91	
Stewed Apples	2	97	
Bread	11	73	
Butter	73	
Snow Pudding	11	88	
Custard Sauce	5	36	
	<hr/>	<hr/>	<hr/>
	124	1029	
Total for day	281	2638	

FRIDAY

		Protein Calories	Total Calories
Breakfast			
Stewed Prunes	3	184	
Puffed Rice	3	33	
Egg	23	63	
Corn Muffin	17	146	
Butter	73	
Coffee	
Cream	6	110	
Sugar	85	
Milk	23	118	
	75	812	
Luncheon			
Peanut Loaf	75	462	
Creole Sauce	3	32	
Lettuce Sandwich I	25	228	
Tea	
Sugar	42	
Fruit Macedoine	2	91	
	105	850	
Dinner			
Halibut à la Poulette.....	89	325	
Boiled Potato	11	100	
Stewed Tomato	8	67	
Bread	11	73	
Butter	73	
Southron Cream	7	195	
Coffee	
Sugar	42	
	126	875	
Total for day	306	2537	

SATURDAY

	Protein Calories	Total Calories
Breakfast		
Baked Apple	2	129
Oatmeal	15	91
Toast	21	147
Butter	1	109
Coffee
Sugar	85
Cream	6	110
Milk	23	118
	68	789
Luncheon		
Cream of Tomato Soup I	9	86
Potato Salad	8	162
Roll	21	147
Butter	1	109
Sliced Pineapple	1	87
Gingerbread	18	261
	58	852
Dinner		
Veal Fricassee	92	192
Brown Sauce	1	32
Turkish Pilaf	8	101
Boiled Onions	11	96
Bread	11	73
Butter	73
Orange Puff	21	294
Orange Sauce	42
	144	903
Total for day	270	2544

Institution Menus for One Week

SUNDAY

Breakfast

Apples

Cream of Wheat	Sugar and Milk
Eggs in Shell	Lyonnaise Potatoes
Baking Powder Biscuit	Milk Coffee Tea

Dinner

Celery	Bouillon	Croûtons
Roast Turkey		Giblet Sauce
Mashed Potatoes		Spinach
Spanish Cream		Cake
Milk	Coffee	Tea

Supper

Potato Salad	Panned Oysters on Toast	
	Milk	Tea
Canned Peaches		Cookies

MONDAY

Breakfast

Pettijohn	Sugar and Milk
	Broiled Lamb Chops
Corn Bread	Milk Coffee Tea

Dinner

	Cream of Oyster Soup	
Roast Ribs of Beef		Franconia Potatoes
Buttered Beets		Bread
Milk	Fruit Tapioca	Tea

Supper

Baked Potatoes	Creamed Turkey	
Bread	Milk	Stewed Raisins

TUESDAY

Breakfast

Force	Graham Muffins
Bacon	Eggs in Shell
Milk	Tea

MENUS

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Dinner

Roast Veal	Vegetable Soup Mashed Potatoes	Spinach
Steamed Bread	Pudding	Hard Sauce
Milk		Tea

Supper

Cold Roast Beef	Lettuce Salad	
Hashed Brown Potatoes	Bread	
Milk	Baked Apples	Tea

WEDNESDAY

Breakfast

Oatmeal	Rolls		
Broiled Beefsteak	Milk	Coffee	Tea

Dinner

Cream of Spinach Soup			
Steamed Chicken	Mashed Potatoes		
Bread	Canned String Beans		Milk
Rice Pudding		Coffee	

Supper

Veal Cutlet	Tomato Sauce		
Lyonnaise Potatoes	Bread	Oranges	
Cinnamon Bun	Milk	Tea	

THURSDAY

Breakfast

Hominy Grits	Muffins		
Broiled Ham	Eggs in Shell		
Milk	Tea		

Dinner

Chicken Soup			
Roast Lamb	Brown Gravy		
Mashed Potatoes	Canned Peas		
Vanilla Ice Cream	Chocolate Sauce		
Cake	Milk	Tea	

INSTITUTION RECIPES

	<i>Supper</i>	
Hamburg Steak		Potato Puff
Bread	Milk	Tea
Bananas		Gingerbread
FRIDAY		
<i>Breakfast</i>		
Pettijohn		Biscuit
Broiled Fish		Lyonnaise Potatoes
Milk	Coffee	Tea
<i>Dinner</i>		
Cream of Bean Soup		
Baked Fish	Egg Sauce	Baked Ham
Mashed Potatoes		Canned Tomatoes
Apricot Whip		Custard Sauce
Milk	Coffee	Tea
<i>Supper</i>		
Hash		German Toast
Bread	Cole Slaw	Apple Butter
Milk		Tea
SATURDAY		
<i>Breakfast</i>		
Cream of Wheat		Rolls
Broiled Lamb Chops	Milk	Coffee
<i>Dinner</i>		
Vegetable Soup		
Roast Ribs of Beef		Franconia Potatoes
Creamed Turnips		Bread
Milk	Mince Pie	Tea
<i>Supper</i>		
Baked Beans		Brown Bread
Cold Ham		Cocoa
Milk	Stewed Prunes	Tea

Thanksgiving Dinner

Raw Oysters	Horseradish
Consommé	Soup Sticks
Roast Turkey	Bread Stuffing
Mashed Potatoes	Canned Corn
Browned Sweet Potatoes	
Cranberry Sauce	Celery
Bread	Butter Balls
	Mince Pie
Coffee	Cider
Nuts	Raisins
Oranges	Grapes
	Figs
	Bananas

Christmas Dinner

Mock Bisque Soup	Croûtons
Roast Turkey	Giblet Sauce
Browned Mashed Potatoes	Peas
Celery	Cranberry Sauce
Olives	Salted Almonds
Candies	Figs
Plum Pudding	Hard Sauce
Nuts	Fruit
	Raisins
	Coffee

Luncheon Menus in Philadelphia High Schools**MONDAY**

Turkish Soup and Roll	Fruit Macedoine
Baked Beans and Roll	Ice Cream
Cocoa with Whipped Cream	Banana or Apple
Milk in pint bottles	Orange
Milk in half-pint bottles	One-half Grape Fruit
Buttered Roll	Sweet Chocolate
Ham Sandwich	Figs
Olive Sandwich	Dates
Cup Custard	Nabisco, Spiced Wafers

TUESDAY

Vegetable Soup and Roll	Scalloped Apples
Hot Roast Beef Sandwich	Ice Cream
Cocoa and Whipped Cream	Banana or Apple
Milk in pint bottles	Orange
Milk in half-pint bottles	Strawberries
Buttered Roll	Sweet Chocolate
Olives	Figs
Peanut Sandwich	Dates
Egg Sandwich	Graham Crackers, Pretzels or
"William Penn" Pudding	Cookies

WEDNESDAY

Corn Chowder and Roll	Chocolate Pudding
Beef on Toast and Roll	Ice Cream
Cocoa and Whipped Cream	Sliced Banana with Cream
Milk in pint bottles	Banana or Apple
Milk in half-pint bottles	One-half Cantaloupe
Buttered Roll	Sweet Chocolate
Ham Sandwich	Figs
Jam Sandwich	Dates
Fruit Tapioca with Whipped Cream	Molasses Cookies, Pretzels and Wafers

THURSDAY

Vegetable Soup and Roll	Prune Whip, Custard Sauce
Macaroni with Cheese and Roll	Baked Rice Pudding
Cocoa with Whipped Cream	Ice Cream
Milk in pint bottles	Banana or Apple
Milk in half-pint bottles	Orange
Buttered Roll	Sweet Chocolate
Minced Ham Sandwich	Figs
Lettuce Sandwich	Dates
Cheese Sandwich	Crystallized Figs
	Sweet Wafers and Cookies

FRIDAY

Oyster Soup and Crackers	Junket
Creamed Codfish and Roll	Chocolate Cake
Cocoa with Whipped Cream	Canned Pineapple
Milk in pint bottles	Ice Cream
Milk in half-pint bottles	Banana or Apple
Buttered Roll	Orange
Olives	Sweet Chocolate
Sardine Sandwich	Figs
Egg Sandwich	Dates
Jam Sandwich	Wafers and Cookies

Menus for the Teachers

The daily menu always includes:

Roll or Bread and Butter	Cream in half-pint bottle
Butter	Buttermilk in bottle
Cup of Tea, Coffee or Cocoa	Stuffed Olives
Pot of Tea	Fruit in Season
Milk in pint bottle	Sweet Chocolate and Biscuit
Milk in half-pint bottle	Ice Cream

In addition to the above the following dishes are served:

MONDAY

Tomato Soup and Crackers	Olive Sandwich
Veal Loaf	Tongue Sandwich
Baked Beans	Cottage Pudding
Creamed Peas	

TUESDAY

Corn Chowder and Crackers	Cheese and Pimento Sand-
Macaroni with Cheese	wich
Salmon Salad	Gingerbread
Ham Sandwich	

WEDNESDAY

Asparagus Soup and Crackers	Ham Sandwich
Roast Beef	Lettuce Sandwich
Franconia Potatoes	Cream Tapioca Pudding

THURSDAY

Vegetable Soup and Crackers	Egg Sandwich
Creamed Chicken	Fruit Sandwich
Boiled Rice	Orange Puffs

FRIDAY

Clam Chowder and Crackers	Scalloped Tomatoes
Scrambled Eggs	Lettuce Sandwich
Cold Tongue	Spanish Cream

ADDITIONAL RECIPES

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XXVI

SOAP

In every kitchen there is an accumulation of various kinds of fat. In institutions where there is a large quantity it is usually considered to be more economical to sell the fat and buy soap for kitchen use. Many persons prefer to use the fat for soap making because the home-made soap is superior in quality to most kitchen soaps on the market.

Home-made soft soap is a great convenience because it is always ready to make a lather quickly. It is economical because only the amount necessary will be used. It is especially good for washing glass and silver.

Soft Soap

5½ pounds clean grease	18 quarts hot water
1 can lye	½ cup ammonia

Dissolve the contents of a can of lye in three quarts of the hot water. Melt the grease and while still on the stove pour into it gradually the dissolved lye, stirring constantly. Add the remaining water and boil until the consistency of syrup. Allow to cool, add the ammonia and pour into jars or crocks to keep until used. When the

soap is cold it should resemble a soft jelly. If a thinner soap is desired more water may be added than called for in the recipe.

Hard Soap

5 pounds clean grease	$\frac{1}{2}$ cup ammonia
1 box concentrated lye	$\frac{1}{2}$ cup powdered borax
	3 $\frac{1}{2}$ cups cold water

Melt the grease and add the ammonia when it reaches a temperature of 120° Fahrenheit. Dissolve the lye in the cold water and when it cools to 80° Fahrenheit, stir in the borax. Pour the dissolved lye very slowly into the grease, and stir until lye and grease are thoroughly combined and the mixture drops from the spoon like honey. The stirring must be done slowly, but not too long; from one to five minutes; if stirred too long, the mixture will separate. Pour into a mould lined with paper and allow it to stand in a warm place about twenty-four hours. Empty from the mould, remove the paper and cut in pieces. Keep in a dry place.

ADDITIONAL RECIPES**313**

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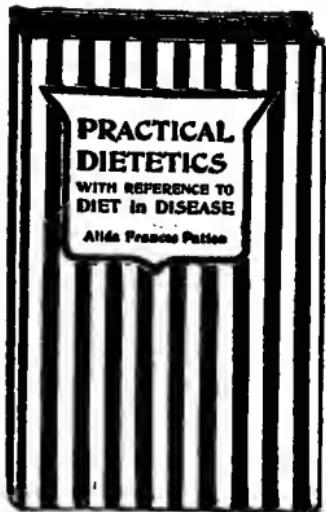
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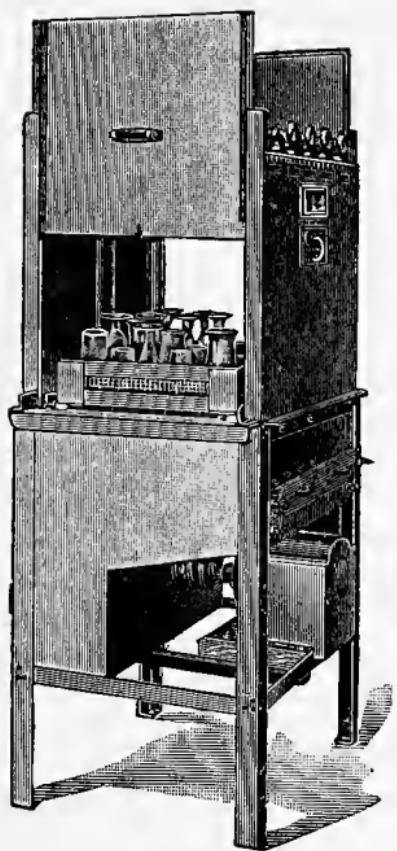
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